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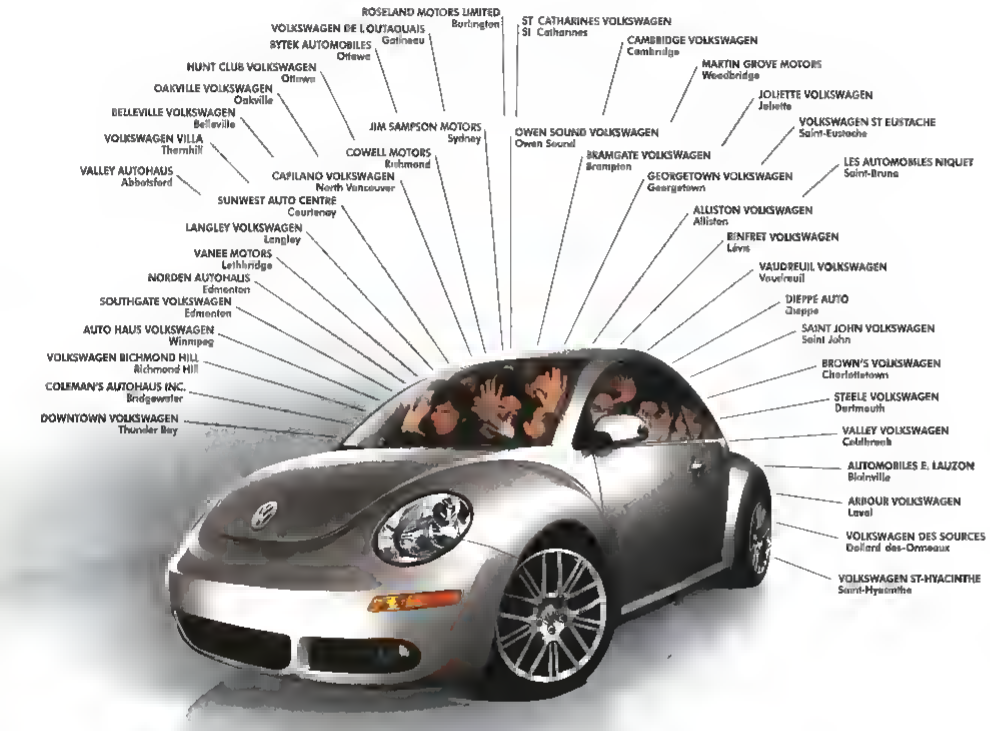
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MACLEANS.CA *Macleans.ca* brings you the country's richest resource of national affairs commentary with the new **Maclean's 50**. With profile, experience and strong opinions, our group of commentators—from politicians and activists to journalists and academics—weigh in on the big issues. From **Preston Manning** and **Senator Nugh Segal** to former Liberal ministers **Lloyd Axworthy**, **Allan Rock** and **John Manley**, **Maj.-Gen. Lewis MacKenzie** to **Maude Barlow**, they challenge our readers—and each other—as they comment directly on our original online coverage.



GUN SHOWS in the U.S. are unregulated. In some states, it's harder to buy a car than a gun.

Put the guns down

Considering the horror at Virginia Tech this week, one fact stands out: school shootings are not nearly as rare as they ought to be. The United States has a long history of such events—from Charles Whitman at the University of Texas at Austin in 1966 to the Columbine massacre in 1999. Between 1994 and 1999, *The Journal of the American Medical Association* identified 220 separate incidents of deadly shootings at U.S. schools.

Of course, they are not solely an American affliction. The rest of the world has suffered similar tragedies: a kindergarten in Dunblane, Scotland, a high school in Erfurt, Germany, Canada's École Polytechnique, Taber High School and Dawson College.

But there is one crucial difference between events in the U.S. and elsewhere. In other countries, school shootings have triggered massive public outcry for change to gun laws. And governments have responded. Canada toughened ownership requirements, banned some guns and established a registry for others. Germany raised the minimum age for gun ownership and required a mental health certificate for anyone under 25; the U.K. enacted a sweeping ban on all handguns. Some of these measures have been reasonably effective, some (like Canada's gun registry) have become money pits. All, however, represent clear attempts by governments to address gun violence by limiting access to guns, usually among youth.

The unique feature of the American experience is that after the lamentations and grief counselling sessions are over, guns remain shockingly easy to come by. U.S. politicians prefer raising penalties for gun crimes to tackling firearm proliferation. This may make sense for rational criminality, but it has no deterrent effect on those who end up committing suicide, as was the case with Cho Seung-Hui in Virginia, the Columbine shooters, and many others. A 1999 FBI report on the school shooter phenomenon found that while easy access to guns was not the single most significant risk factor (personality and family dynamics played major roles), it was an obvious and necessary precondition.

U.S. gun-enablers find shelter in the "right of the people to keep and bear arms" clause of the Second Amendment to the U.S. Constitution. But the Supreme Court has never infringed on the government's right to regulate gun ownership. Rather, it is Washington that has refused to accept its responsibility to protect its citizens—particularly young students—from gun violence. Even modest efforts, such as a ban on assault rifles, have been allowed to expire. Gun shows remain unregulated sluice gates for weaponry. In most states, it is tougher to buy a car than a handgun.

It's not that America lacks for ideas. The late U.S. senator Patrick Moynihan advocated taxing ammunition. ("Guns don't kill people," he once said, "bullets do.") The Brady Campaign to End Gun Violence promotes stiffer regulation of gun shows and background checks. A handful of cities and states have tried to crack down on handguns. What America needs now is the political will to pursue broader and more useful limits on gun ownership. Making firearms harder to get will make society, and especially schools, safer. M

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Meg Floyd, Patricia Treble
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Chr st na Johnston
EDITORIAL ASSISTANT
Michelle Tamoye sky
CONTRIBUTING EDITORS
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Sally Armstrong, John Bemrose
Scott Feschuk,
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(Deputy Editor),
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HOW TO REACH US

BY EMAIL
For letters to the editor, story proposals
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To search our archives
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BY PHONE
To comment on the magazine
(416) 764-1706

BY MAIL
Maclean's, 11th floor,
One Mount Pleasant Road
Toronto, Ont. M4Y 2Y5

Editorial department:
(416) 764-1339
Fax: (416) 764-1332

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MAIL BAG



'Richard Dawkins makes difficult concepts clear. And his sense of wonder is infectious.'

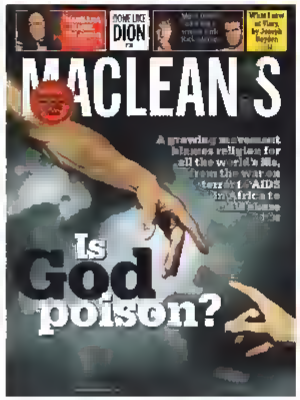
'GOD SELLS MAGAZINES'

THE DIATRIBES of Richard Dawkins and Christopher Hitchens against the belief in God has produced a lot of heat, but little light ("Is God poison?" Cover, April 16). While the world's religions come under their scrutiny, it is painfully obvious that their main target is Christianity. Of course, they say nothing about the concepts of liberty and freedom of conscience, expression and religion (including atheism) having their roots in the Judeo Christian tradition. Have there been abuses in religions and do they continue in the present? Yes, indeed, but Dawkins and Hitchens make an unfair comparison between the essence of Christianity and the acts done in Christendom. Christianity should never be confused with Churchianity. Hitchens' claim that religion "is not just amoral, but immoral" is self refuting. If there is no God, then how can one speak of morals at all?
Tony Costa, Toronto

AT THE VERY EARLIEST dawning of man's consciousness, existentialists knew that our psyche was too fragile to handle the enormity of our own rational existence. In keeping with man's universal predilection for the highest ethical good, they committed the ultimate atheistic *mea culpa* and invented religion as solace for man's lone and personal anguish of responsibility. As writer Brian Bethune adroitly indicates, religion is the most extreme in/out marker ever conceived because "it necessarily seeks to interfere in the lives of non-believers." Coupled with an untethered licence for manipulation, religions have become weapons of mass corruption.
Alan Edmunds, London, Ont.

HITCHENS SAYS that if the Amish, for example, were to rise to supreme authority over other faiths, they would soon begin to resemble the medieval Catholic Church. I wonder if the atheists were to rise to supreme authority, would they soon begin to resemble Stalinist Russia?
Milli Seyffert, London, Ont.

I'M HAVING TROUBLE figuring out how you reached the conclusion that Richard Dawkins was spiritually deaf to a sense of wonder. One of Dawkins' main themes is that the wonders of this actual world—the coded instructions in a genome, the spectrum of visible light—far outshine the putative delights of any next world. Humans have dreamed up. In *The God Delusion*, Dawkins touches on this idea more than once. In *Unweaving the Rainbow*, it's his central argument. He's a scientist who can make the most difficult scientific concepts crystal clear to a non-scientist like me. As for his sense of wonder, it's downright infectious.
Jo Currie, Centreville, N.S.



IS THE ALMIGHTY POISON? Absolutely not, but religion is. Religion with its rules, demands and interpretations taxes the faith of believers, be they Christian, Hindu or Muslim. Two millennia ago, Jesus warned the religious leaders of his day about what they demanded of the people versus what they themselves practised. You can find that in Matthew 15, verses 1 to 13 and in Matthew 23, verses 1 to 36. Religion hasn't changed much. Just put the blame where it truly belongs.
Bob MacLaughlin, South Ohio, N.S.

GOD IS REAL. Using religion to gain power is poison.
Erwin Dresner, Toronto

GOD IS NOT POISON because there is no God. Much human misery is caused by people who allow their minds to be poisoned by belief of any sort whether it's religious, political or our new, mindless environmental eco-religion.
Gerold Becker, Thunder Bay, Ont.

I BET you received a ton of feedback on this one. It was a good article. Organized religion may have much to answer for, but a faith in God can only bring hope and peace to a troubled world. If we all took the Ten Commandments and practised them in our daily lives, our world would be a better place.
Stephen Burkholder, Whitby, Ont.

ONCE YOU CONVINCE the masses that a book was written by God and that it contains the will of God, you can control them. No person in his right mind will disagree with what God is saying. One pastor told me one day that when a preacher talks to his flock in a church, it is not really the preacher who is talking, but God. That is a lot of power over people who believe it. Do not blame God for things that people do in His name.
Luis Jose Romero, Toronto

I DON'T KNOW if God is poison or not, but there are no atheists who can be turned into suicide bombers.
Anthony Oland, Wasaga Beach, Ont.

WHAT WE KNOW for sure is that God sells magazines. And I don't think that even God is particularly fond of religion.
Kevin Abell, Pt. Burwell, Ont.

GOOD TIMING. Every Easter I know I can count on your magazine to include a story on how bad and silly Christianity is.
Carl Van Harten, Orangeville, Ont.

SATIRE AND VULGARITY

BOTH *Maclean's* and Mary Walsh make the common mistake of confusing vulgarisms with satire ("Mary's mouth is back in action," Media, April 16). True satire requires imagination, a deft hand, and often a subtle humour. A sewer mouth is not a prerequisite. If Walsh's description of Prime Minister Stephen Harper as someone who's beginning to look like "300 lb. of condemned veal" is her best effort at satire, then perhaps it's time for her to try the pub circuit.
Louis Quigley, Riverview, N.B.

TIMID? WHO, US?

ANDREA MANDEL-CAMPBELL has been able to publish a book based on the old idea that Canadians are timid and have an inferiority complex ("Land of the timid, home of the careful," Business, April 16). It seems to me there is nothing timid or inferior in that


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accomplishment I haven't read her book *Why Mexicans Don't Drink Molson*, but I read the *Maclean's* abridged portion and there was enough marketing hyperbole in that to rate with the best we have to offer in the United States Maybe Canadians are changing?
***Richard Salvador**, Pittsburgh*

READING THIS neo-con article really rankled me So we don't dominate global markets So what? Did Mandel Campbell consider that many of us see big multinationals as the problem rather than the solution? And that maybe we're a land of people who are inherently mistrustful of Halliburton or Enron? In short, Canadian businesses are doing just fine by our standards And maybe, just maybe, the reason Mexicans don't drink (largely American owned) Molson is that they have better-tasting domestic beer
***Dave Ruch**, Oshawa, Ont.*

SUSTAINABLE USE

THANK YOU very much for the unbiased and well-researched story from Barbara Righton ("Killing for fun," National, April 16) about the proposed German ban on seal products It's so rare that a journalist goes beyond the rhetoric and propaganda of the multi-million dollar animal rights campaigns and examines the hypocrisy of the urban-based animal-rights movement, whose proponents are so remote from nature that they have forgotten, ignored, or simply do not understand the full meaning of sustainable use Newfoundlanders are not killing for fun. In some small outports, sealing helps support a quarter of households, and can make up more than 30 per cent of an individual's annual income.
***Elizabeth Smith**, Montreal*

IN PASSING

Kurt Vonnegut, 84, novelist He shot to fame in 1969 at the age of 46 with *Slaughterhouse Five* and also penned *Cat's Cradle*, *Welcome to the Monkey House* and *Breakfast of Champions* A writer with a huge cult following, especially among the young, he wrote with an unlikely brand of humane pessimism

Harry Rasky, 78, filmmaker A pioneer in the CBC's documentary department, he came to international prominence in the 1970s with two projects, *Tennessee Williams' South* and *Homage to Chagall* His other portraits included those of Teresa Stratas, Yousuf Karsh and Henry Moore, prompting the *New York Times* to write of the "Raskymentary"

MACLEAN'S

PUBLISHER
KENNETH WHYTE

ASSOCIATE PUBLISHER
Julie Dobrano

Advertising Sales
Toronto (416) 764-1300
adsales@macleans.ca

SVP, SALES CONSUMER PUBLISHING
Mitch Dent

VICE PRESIDENT SALES
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A WEEK IN THE DUKE UNIVERSITY RAPE CASE

On Wednesday, all charges against David Evans, Reade Seligmann and Collin Finnerty, accused of raping an exotic dancer, were dropped On Thursday, Durham district attorney Mike Nifong, who was publicly berated by North Carolina's attorney general for his mishandling of the case, issued a public apology to the accused On Sunday, the former Duke students appeared on *60 Minutes* "You can try to move on," Evans said, "but rape will always be associated with my name."

Good news

The colour of money

It's not often Buzz Hargrove has much to offer business leaders, but last week he gave a master class in political courage The Canadian Auto Workers union head decried "the insanity of the environmental movement" for putting Canadian jobs at risk with a host of onerous ideas aimed at halting global warming. He points to an important hypocrisy dominating politics all politicians are trying to "out-green each other"—not because they think their proposals will have a real impact on climate change, but to win votes It's a strange world when a union leader is the only one campaigning for government to protect the health of the economy, but if Canada's CEOs aren't up to the task, somebody has to do it

Don't look away

The chronically undermanned and under-equipped force tasked with ending the bloodshed in Sudan's Darfur region is finally getting some help. The government of Sudan has agreed to allow the UN to provide six attack helicopters, along with 3,000 police and military personnel, to bolster the 7,000 African Union troops who've been struggling to provide security to the refugees in Darfur Government-supported militias have been terrorizing the region for years, and lately the peacekeepers themselves have been under attack Here's hoping the arrival of some real firepower might finally turn the tide and help bring an end to the most harrowing humanitarian disaster of our time.

Fat chance

It may at first seem like an ill considered business decision given their product lines, but 15 food industry powerhouses have joined forces to promote healthy eating and daily activity for children On Monday, companies including McDonald's, Hershey, PepsiCo and Coca-Cola announced a plan to dedicate half of their advertising resources to combating childhood obesity in this country It's more than an intelligent show of good faith With activists calling for trans fat bans and junk food taxes that would hobble the industry, the companies have found a way to adapt to modern realities, while demonstrating that the obesity problem can be tackled without trampling on people's right to choose an occasional Big Mac

Morale boost

February is a paradox the shortest, but seemingly the longest month of the year Now Manitoba is joining Alberta and Saskatchewan in adopting a statutory holiday in Canada's blah est month, starting in 2008 For the rest of us, however, it will only make that 100-odd-day stretch between New Year's and Easter seem that much more cruel

Bad news

Green's worst enemy

First, neophyte Green party Leader Elizabeth May sells out her long-time supporters by striking a deal to collude with Stephane Dion's Liberals both sides agreed not to run candidates against the other party's leader in the next federal election Then, she comes out swinging against NDP Leader Jack Layton, attacking him for playing politics in refusing to join their coalition against the Conservatives May claims she has put principle ahead of partisanship, when in reality she has done the opposite—and in the process she has suggested that the Liberals and Greens are interchangeable on the one core issue that gives her party its raison d'etre Layton comes out of this looking like the only leader of principle, and May leaves herself with the difficult task of explaining why, if Dion is so wonderful, should anyone vote Green?

Strategy goes to pot

Documents emerged this week showing that the feds are charging a 1,500 per cent markup on medical marijuana for ailing Canadians Patients pay the equivalent of $5,000 per kg for access to the drug—and they are cut off if they can't keep up with the bills Meanwhile, Ottawa pays its licensed supplier $328 75 per kg In other words, the government is charging criminal street rates for providing pot to the sick, and yet it continues to argue that legalizing and regulating the pot trade would be a terrible affront to the nation's morality

FACE OF THE WEEK



CHRIS WATTIE/REUTERS

FORMER MOUNTIE boss Giuliano Zaccardelli denies covering up irregularities in the handling of the RCMP pension fund on Monday

Confused? Good

The jurors in Conrad Black's ongoing criminal trial have looked variously lost and bored through much of the case so far—and some lawyers believe that's part of the prosecution's strategy "In this case it may be that the prosecution may want some confusion," James Morton, an experienced litigator and head of the Ontario Bar Association, said on Sunday Jurors may think, "we don't know exactly what's been done wrong, but we know something is wrong," and convict Black. If Morton's right, it's bad news for anyone who thinks justice ought to be based on facts and law, not on judgments about the defendant's likeability or vague guesses about what happened

Multi-meltdown

It's been a sad week for cultural tolerance and freedom In Malaysia, a museum display on the supernatural was pulled after Islamic clerics complained it was offensive to their faith In Montreal, five young Muslim girls withdrew from a tae kwon do meet when organizers refused to let them compete while wearing head scarves And in Islamabad, clerics are demanding a ban on all alcohol sales in Pakistan's capital So much for multiculturalism and mutual respect M

CAPITAL DIARY

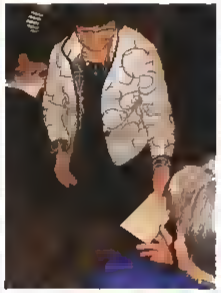
MITCHEL RAPHAEL ON BELINDA 'CHER' STRONACH AND ODA'S BAD MOMENT



SHEE LIN WONG. Not happy

WHO BELINDA GOT CLOSE TO IN THE HOUSE

Shortly after **Stéphane Dion** became Liberal leader, soon to retire MP **Belinda Stronach** saw her seat moved closer to the fringe, near the Bloc. That was the area where all the Liberal leadership contenders sat prior to the big convention. Capital Diary was told at the time that the candidates were banished there, far away from the cameras, to keep the leadership playing field level. After the move, Stronach found herself seated next to **Tom Wappel**, one of the Liberal party's most anti-gay MPs. Stronach herself has been consistently supportive of gay rights to the point of being nonchalant, once asking her aide, "When did I become a gay icon?" To which he joked, "Just suck it up, Cher." Because of her record on gay issues, Stronach was assigned to ask the Tories many of the Liberals' same-sex marriage questions. Notes Stronach, "[When I was a Conservative] I sat beside **Stockwell Day** and tried to convince him to support same-sex marriage. I wasn't able to change his mind, but he has a good sense of humour about it and we were able to kid around." So was the Wappel pairing progressive outreach within her own party? "Tom was very professional," says Stronach. "We didn't agree on some issues." So what was her favourite seat in the House? "I had [Liberals] **Rodger Cuzner** and **Dominic LeBlanc** behind me at one point. They could both do very well in the private sector as comedians, but have chosen to sacrifice that talent of theirs to contribute to political life." Stronach says she will continue to help get more women into politics in a non-partisan way. "I've always helped candidates who I feel would make a good contribution to the country. We need more female candidates, but I want to see that they stand for the right principles." When asked



ODA delivers Harper letters

about helping the only female head of a party, Green leader **Elizabeth May**, who is running against Stronach's ex-boyfriend **Peter MacKay**, Stronach says she is concerned about May's complex position on abortion, which Stronach believes should be an issue only between a woman and her doctor. When she packs up her Ottawa office once an election is called, she plans to take with her "a lot of great cartoons. In politics you have to have a sense of humour and you have to have a thick skin."

THE 'FEROCIOUS' JOHN BAIRD

The cleverly named **James Bond**-themed Ottawa Gala 2-007 packed the Government Conference Centre with many Hill staffers and young Ottawa professionals, raising $30,000 for the Ottawa Centre for Research and Innovation's school breakfast program. A fashion show featured sexy Bond girls and men in tuxedos and tight bathing suits. The honorary gala chair, Environment Minister **John Baird**, tried his thrust and parry skills with members of the University of Ottawa fencing club who were part of the show. The fencers said the minister was "ferocious and could hold a sword." This is good news if sabres for MPs ever make a comeback. (Don't forget that the two-sword-lengths' red lines on the carpet in the House "serve as a reminder to seek resolutions by peaceful means.") The fencers, though, say pros in their sport tend not to compete past their late 30s, meaning Baird's fencing career is almost over before it's begun.

BAIRD with members of the University of Ottawa fencing club





ONE OF THE 2-007 Bond girls

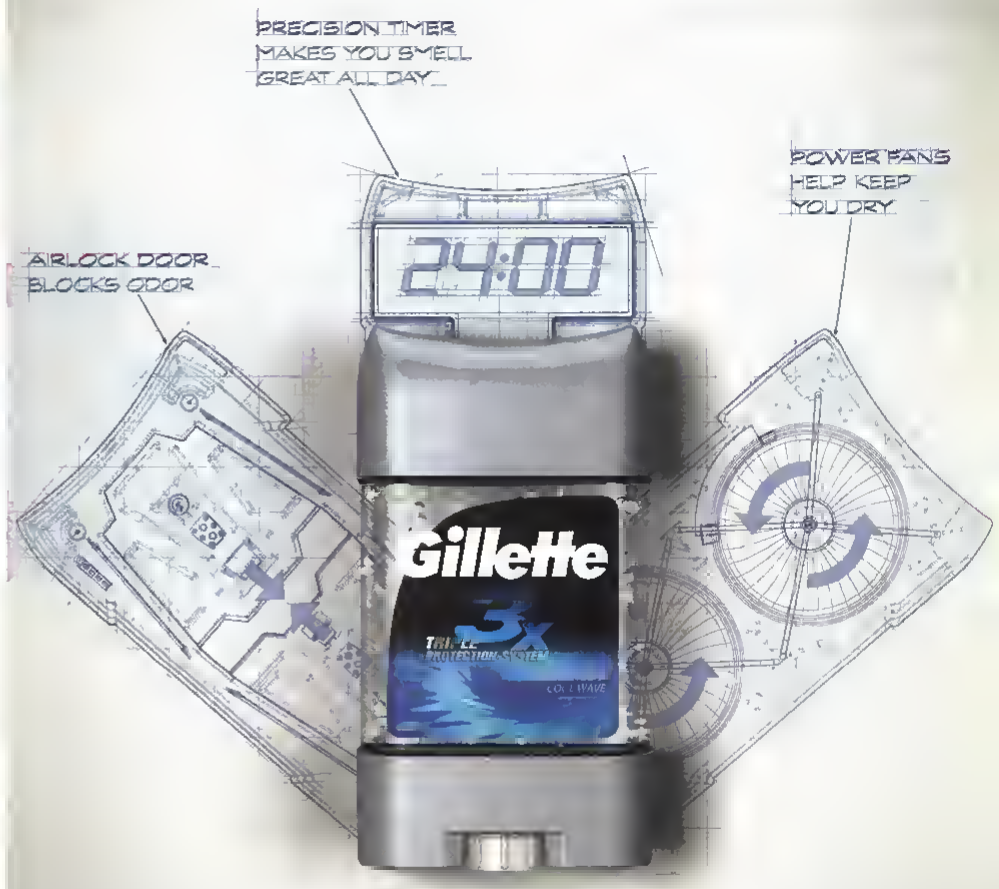
LUCKILY, NO ONE NEEDED A DEFIBRILLATOR

At a recent announcement touting the $20,000 cheques being sent to partners of deceased Chinese head-tax payers, Canadian Heritage Minister **Bev Oda** presented five elderly women with letters from **Stephen Harper**. "It's not the cheque," she carefully reminded the women, which didn't stop **Shee Lin Wong**, 76, the youngest of the recipients, from snapping at the minister, "I didn't get my cheque yet!" adding that she hadn't left her house for days waiting. Oda advised her that the cheque was in the mail. At the back of the room was a paramedic from a private company. He'd brought his trauma kit, but not a defibrillator, because he says it would have cost the government more money and the decision was not to have one available. M

ON THE WEB: For more Ottawa outtakes or to contact Mitchel Raphael, visit **macleans.ca/mitchelraphael**

PHOTOGRAPHS BY MITCHEL RAPHAEL

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A new cold war—where one side is a lot colder



PAUL WELLS

A friend of mine worked for several years in Slovakia for the National Democratic Institute, spreading the good news about democracy. Last year, when things got nasty in Belarus—protests crushed, opposition politicians jailed, reporters beaten for covering this—my friend became nostalgic, worried. He was right to worry. Alexander Lukashenko won another election "victory" through intimidation and fraud, perhaps his last such theft, but still. At the height of it all, I asked my friend whether Russia was the democracy movement's next stop. I succeeded only in depressing him. "Russia's pretty big," he said.

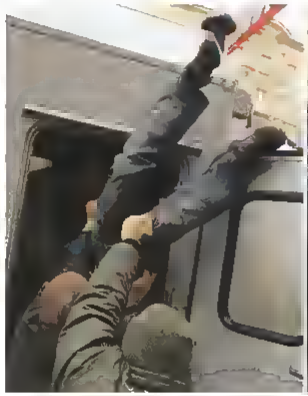
But the thing about democracy is that its champions do not always count the odds. Which is why bands of protesters have been standing up to police in Moscow and St. Petersburg, knowing their confrontations must end, as they did last weekend, under the cudgel and the jackboot. The detainees included Maria Gaidar, the daughter of a former prime minister, and, briefly, chess master Garry Kasparov, who has become a ringleader of the opposition to Vladimir Putin's regime.

Putin is preparing to designate a successor who will inherit the police, security and captive-media machine that will ensure his victory in next year's "elections." The Russian state bears less and less resemblance to democracy. The democratic opposition has powerful friends in Washington and elsewhere, but it cannot win. Surely it cannot win. It will try anyway.

The rest of us could use a guidebook to the events ahead. Along comes Mark MacKinnon, the former Moscow bureau chief for the *Globe and Mail*, with his first book, *The New Cold War: Revolutions, Rigged Elections and Pipeline Politics in the Former Soviet Union*. It's an ambitious if flawed work, connecting the dots between a string of democratic revolutions in Serbia, Georgia, Ukraine and Kyrgyzstan to demonstrate the Western money and organizational muscle that helped each of them happen. These organizations include the National Endowment for Democracy, founded in 1982 by Ronald Reagan and funded by the U.S. Congress, the Democratic party's international wing, the National Democratic Institute, and its Republican counterpart, the International Republican Institute, and the various NGOs funded by the billionaire philanthropist George Soros. The influence of these groups, active for decades, became obvious during the 2004 Orange Revolution in Ukraine. For MacKinnon, they represent the Western front in [illegible] well, a new cold war.

With that, MacKinnon goes racing all over the region, from Belgrade to Kiev to Tbilisi to Lukashenko's grim and terrified Minsk, where the author is awakened in the night by an ominous pounding at the door of his borrowed apartment. He does well not to answer; the same night, another reporter is lured into a fight outside his own apartment by another goon squad, beaten severely, then arrested for hooliganism.

Which points up the book's central problem. MacKinnon is so eager to paint the struggle for democracy as a power game that he discounts the evidence of his own eyes and his own formidable reporting in weighing the two sides' morality. The book opens with agents of Russia's Federal Security Service planting a massive apartment bomb designed to look like the work of Chechen terrorists in the town of Ryazan in 1999. Belarusian thugs come for MacKinnon in the night. I don't see the NDI doing a lot of covert bombing or beating. So it's not moral sophistication, but a moral failure on MacKinnon's part to throw up his hands and say it's all much of a muchness and ordinary people are "caught in the middle."





I don't see the democracy people doing a lot of bombing or beating à la Russian thugs

Fortunately MacKinnon's subjects understand what is happening. "Do I think the CIA used us?" Sinisa Sikman, a Serbian democracy activist who later trained activists in Belarus and Ukraine, asks. "Well, maybe we used the CIA for our own interests. If the CIA wanted to bring down Milosevic, and I, who grew up here, wanted to bring down Milosevic, who do you think enjoyed it more?" M

ON THE WEB: For more Paul Wells, visit his blog at **www.macleans.ca/inklesswells**

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Should be required reading for Forest Hill types



BARBARA AMIEL

According to last weekend's newspapers, Britain's Prince William has broken up with his pretty girlfriend Kate Middleton. Reasons given are purely speculative. Royal correspondent James Whitaker in the *Daily Mirror* felt it was the faux pas of Kate's ex-flight attendant mother, who on being introduced to the Queen said "Nice to meet you" rather than "How do you do" and asked for the "toilet" not the "lavatory." For the British this is as down-market as saying "pardon me?" rather than "what?" Whether or not this language lapse was the reason, the mention of it is an example of the enduring value of Bernard Shaw's line that it is impossible for an Englishman to open his mouth without making some other Englishman hate or despise him.

News of the young royal's romantic tiff would have passed me by except that I was especially sensitive to class and caste, having just written a book review of *Edith Wharton*, Hermione Lee's new 762 page biography of the brilliant American writer whose life from 1862 to 1937 spanned some of the greatest social upheavals of modern times. No American writer has so keen an eye for social nuances as Wharton: a contretemps between the heir to the throne and his girlfriend, the daughter of self made, wealthy parents, would have been right up her alley. Wharton herself belonged to the cream of late-19th-century American society and suffered the public humiliation of having her first engagement terminated on grounds that were never quite established, although it was rumoured in *Town Topics* (the society tabloid of the day) that her prospective mother-in-law found her to have a "preponderance of intellectuality."

Wharton's *The Age of Innocence*, which received the Pulitzer Prize in 1921, is must-have chick reading along with Austen's *Pride and Prejudice*. For me, Wharton's finest novel is *The Custom of the Country* with its marauding heroine Undine Spragg from Apex City. Undine has language problems of her own in impressing New York society. She replies to all questions with a combative "Is that so?" or "I couldn't really say," which appears to be the equivalent of today's vague interjections and conjunctions of "y'know" or "whatever." Nevertheless, her startling good looks boost her up the social ladder with remarkable success, snaring a Park Avenue blueblood as her second husband, next a French marquis, and finally remarrying her first husband—the boy from Apex City—who has now become a financier of immense wealth. But to naught. She stands bejewelled in her Paris ballroom only to realize in the novel's very last line that as a divorcee, "there was something she could never get, something that neither beauty, nor influence nor millions could ever buy for her. She could never be an Ambassador's wife, and ... she said to herself it was the one part she was really made for."

The test of a great writer is the universality and modernity of her insights, and Wharton comes up trumps. Whether it is her first bestseller *The House of Mirth* (1905) or her 1934 autobiography *A Backward Glance*, the ironic perceptions ring true today. We may have new approaches to marriage and relationships, we certainly seek to banish the snobbery and hierarchy of class from our society, but human nature remains curiously oblivious to such good intentions. The descendants of Undine Spragg and social queen bee Judy Trenor from *The House of Mirth* pursue identical agendas even now whether on New York's Upper East Side or in Toronto's Forest Hill. Today's sad people whose self worth depends upon acceptance by local "old families" could improve their standing—and their minds—by reading almost any one of Wharton's 40 books.



Twelve men plus very large dog swarmed into Gorgeous Stepdaughter's hotel room

A Chicago postscript. My Gorgeous Stepdaughter gets up early to be with her father in court. At night, she sometimes finds sleep difficult. Last Friday, the sandman didn't arrive till nearly 6 a.m. and was rudely interrupted around 10:30 a.m. by the telephone. Assuming it was the usual call from Housekeeping to find out when she planned to remove the Do Not Disturb sign from her door, she put a pillow over her head. Shortly after came a knock on the door—also ignored. About 10 minutes later, a man opened the door and said "Hotel Security." Gorgeous Stepdaughter groggily suggested he come back later. "I can't," he replied, "but I just need a few minutes." GS rolled out of bed. "Okay," she said to the lone employee, whereupon 12 or 13 men in black suits and trench coats, all over six feet tall, plus one very large dog, swarmed into her room.

Their Leader, a man about six foot-five, took charge of GS. (I mention height to give readers a notion of space available for 14 large people in a hotel room.) The remaining dozen dropped to their knees with flashlights, searching under the furniture and behind curtains—the dog checked out the wardrobe. My stepdaughter assumed (a) it was a raid by the Department of Justice engineered by her father's accusers, planning to arrest her for harbouring a (planted) illegal alien or illegal substance or (b) it was a dream. In either case bed seemed the best option and she returned to it until Leader asked her to disembark so they could lift up the mattress. GS, a genuine animal lover, tried to pat the dog. Large man with dog said, "No, he's working."

Kafka meets Buster Keaton was over in 10 minutes. Alone in her room, GS returned once more to bed to get as much shut-eye as possible before transfer to a penitentiary in Marion, Ill. Half an hour later, phone rings to wake her up for fervent apology from hotel manager. Vice President Dick Cheney was going to be in the room next to her for a few hours. For the Secret Service, hitting on a gorgeous five-foot-11 inch 24 year-old in her short shorts and tank top PJs has to be what getting lucky means in their line of work.

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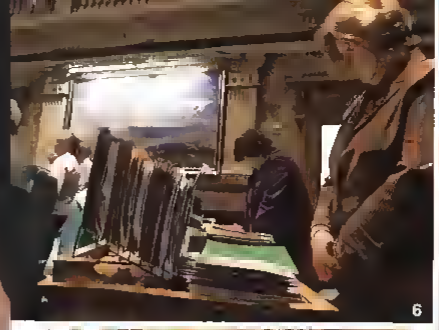
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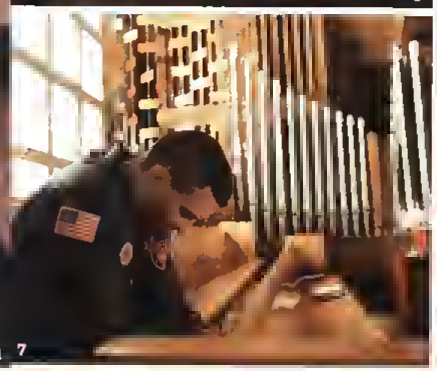
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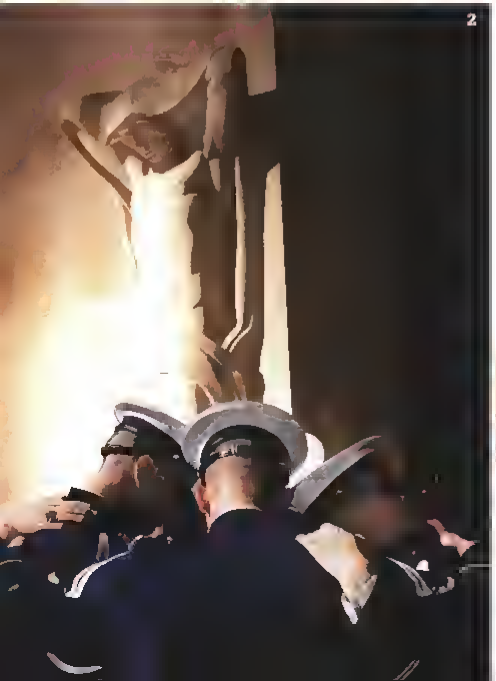
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MOMENTS OF SILENCE

After the madness and the gunfire at Virginia Tech ended, 33 people lay dead in the worst mass shooting in U.S. history. Americans joined in a collective outpouring of grief

1 Students pray at the school's War Memorial chapel

2 Three military cadets at Virginia Tech bow their heads during a vigil

3 Only hours after the atrocity, the university's students gathered to comfort one another

4 Mark Begly (foreground) prays with other mourners at Grace Covenant Presbyterian Church in Blacksburg, Va.

5 Haiyan Chen (left), who was teaching when the carnage began, is overcome with sorrow, along with her husband, Cheng Hu, during the Grace Church vigil

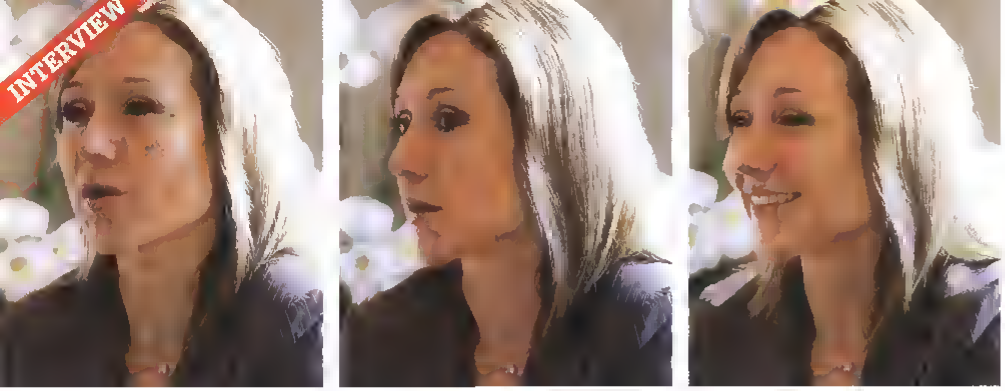
6 State representatives in Colorado, site of the 1999 Columbine High School massacre, pause for a moment of silence

7 Gregory Welton, a campus employee, lost a friend to the gunman. He pauses to pray in the balcony of Blacksburg Presbyterian Church





SAM DEAN/AP (1); KIM RAFF/AP (2); KEVIN LAMARQUE/REUTERS (3); JARED SOARES/AP (4); JARED SOARES/AP (5); DARIN MCGREGOR/AP (6); CASEY TEMPLETON/AP (7)



'You have to ask "where's the best use of my energy?" I may be more ambitious, but who wants to be unambitious?'

DEPARTING MP BELINDA STRONACH TALKS TO KENNETH WHYTE ABOUT LEAVING POLITICS, LEADING A VERY PUBLIC LIFE, AND CIVICS COURSES

Q. *You're going back to Magna International, the family business, after three years and four months in Parliament. When you look back at your time in politics, what was the happiest moment?*

A: There were lots of happy moments. Certainly getting re-elected the second time around as a Liberal was not only a moment of great joy but of great relief, because crossing the floor from the Conservative party was one of the toughest decisions I ever made. And putting all that effort into communicating to, first and foremost, my constituents why I did it, I felt somewhat vindicated because they re-elected me by 5,000 votes, a much greater majority.

Q. *What was the hardest part?*

A. When you look at the comments in the House of Commons, some of the negative slurs—you probably know which one I'm referring to—some were rude and obnoxious.

Q. *Did Peter MacKay really call you a dog? Did you hear him?*

A: All the tapes suggest that he did.

Q. *But did you hear it?*

A. On the tape, yes. That was one of the more disappointing things, but I think some good came of it. It's helped to maybe kick-start the debate about why we don't have more women in the House, and if lack of civility has something to do with that.

Q: *You and Stephen Harper didn't get along right from the start, did you?*

A: I tried to get along. From the moment I lost the leadership, I made my public announcement that I was supportive of him. And as I said to him face to face, "Look, I had many chances to stab you in the back, and I never did that." I was always very positive.

Q. *But did you ever say to yourself, "Here's someone I can really relate to and we can be buddies and have a long and fruitful political partnership?" Ever feel that way about him?*

A: I tried to be helpful. I was the only Conservative member at the time from an urban riding in the GTA, and I said to many of my colleagues, "I'm really jealous because you don't have to knock on doors, you can go away on vacation and still get elected by 15,000 votes. I've got to earn every vote." And at the time I couldn't get them to pay attention to urban issues. I was very outspoken—constructively—but I was very careful to thread the needle. We didn't agree on same-sex marriage, we didn't agree on a few issues, but I was always respectful of his position.

Q: *But privately you felt very limited in the caucus.*

A: I felt that my efforts were somewhat wasted. We didn't agree on the budget, which was one of the reasons I crossed the floor. I didn't think we should be having an election at that time because I knew the Conservative party had almost no infrastructure in Quebec. I was more progressive in my social values than he was prepared to be. I think, bottom line, he always held it against me that I ran against him for leadership of the party. Prior to that, we had worked quite closely together on the merger of the party.

Q: *Looking at where the Conservative party now sits in the polls in Quebec, and given the recent elections in Quebec—Harper's been given credit for helping the federalist cause—would you agree he's done something for national unity?*

A: Before I get into that I just want to say, I often get asked, "Do you regret crossing the floor? You could have perhaps been in government," and I have no regrets because I would not be comfortable sitting in his government. I couldn't support the decision to change the mandate for the Status of Women and things like that. I wouldn't be able to compromise my principles. Do I think that they've done good for national unity? The next election will tell, right? In the last election a lot of things went right for Stephen Harper. The Liberals were held in low regard in Quebec because of the sponsorship scandal. The Liberals are still having a challenge recovering. So are the Conservatives good for national unity, or is there just a perceived lack of options for voters?

Q: *You say the Harper government is more socially conservative than you're prepared to be, but they haven't moved against gay rights, or abortion rights. Many observers have been surprised that the Conservatives have been quiet on these issues.*

A: In a minority government all parties are very careful not to do anything that will prevent them from achieving government. They're going to be very careful about decisions.

PHOTOGRAPHS BY CHRISTOPHER WAHL

Q. *You think the character of the government would be a lot different with a majority?*

A: I think they will be bolder, yes. There are people who have good intentions in every party, but there is a strong social conservative influence in this Conservative government.

Q: *I was looking at the coverage you've received since announcing that you're leaving Parliament, and it's a bit of an irony that a lot of pundits think your greatest contribution was your role in bringing the Progressive Conservative and Canadian Alliance parties together. You're remembered most for building the party you left. Do you look back on the merger as an accomplishment?*

A: Yeah, I do see it as an accomplishment. We only had one party in power for a significant amount of time—the Liberal party—and I think competition is good. It forces political parties to be responsive to the people they serve, to look to new ways to engage members and earn their trust. The rise of the Conservative party is going to force the Liberals to modernize and become more open. I'd like to see that, just as I'd like the Conservative party to become more progressive—but parties take on the character of their leader.

Q: *How is your relationship with Stephane Dion?*

A. Good. I feel that I have input, it's constructive, it's professional.

Q. *One might argue that after a very active and vigorous apprenticeship, you're ready for a bigger role and you shouldn't be stepping down.*

A. I'm still very interested in the issues, but I have two children, a 15 year-old and a 13 year-old. In a minority government it's a huge sacrifice for family. I also have a father who's approaching 75—although he probably doesn't want me to highlight that—but he's looking to the future. And the auto industry is in a state of crisis. Magna has some pretty significant opportunities and decisions to make, and he asked me back in January if I would consider returning. I wanted to ignore his request because I do have a passion for this. But your parents do get older, and my kids are getting older, and they're going to be in university in a couple years, and I'll be able to work closer to home and be influential in the future direction of Magna. You have to ask, "Where's the best use of my energy?"

Q: *You've moved around a lot in both your personal life and your professional life. Would you describe yourself as a restless person?*

A: No, I think I'm maybe more ambitious than some people. But who wants to be unambitious?

Q. *Some people just pick one thing, put their head down, stay with it.*

A: There's a lot of consistency in my life. Magna—I was there for 15 years. I still have very good relationships with my two ex-bosses. And I've always had an interest in politics. So it's always been business and family and politics, and you have to figure out what balance makes sense for you at the time.

Q. *If and when you come back to politics, is it guaranteed it would be as a Liberal?*

A. We'll have to see how the parties evolve. A lot could change in the parties, with the leaders. I don't think my values will change but the parties could be different.

Q. *You arrived in Ottawa with a high profile. I think Maclean's called you the most or the only, glamorous presence in Canadian politics. Did that get in the way of your career?*

A. Thank you for asking. That was a frustration, because a lot of attention was paid to the shoes or the hair or the label and I had a lot of well-respected journalists in private say to me, "I'm really embarrassed but my editor asked me to find out what label you're wearing." Of course you're going to tell them—you don't want reporters to get in trouble. All you can do is keep coming back to the issues. But it was frustrating—that's not why I got into politics. I got in for the issues.

Q. *But you did dress well, maybe better than you needed to. And you threw great parties, again maybe better than you needed to.*

A. No, I like to show my appreciation to people, especially the volunteers—it's nice if they can be appreciated and respected. But we didn't throw that many parties. We actually just had good music and lighting in our parliamentary office parties from time to time. And I don't know about the dress. I prefer to wear jeans and a T-shirt, a blazer. But they forced me to wear dress pants in the House.

Q: *What about having a relationship with somebody else who's in politics and on the Hill? How do you look back at that?*

A: I highly recommend choosing someone in the same political party. That was one of my tougher moments. When I get asked about regrets, what I do regret is where you unintentionally hurt somebody.

Q: *Did you hurt Peter MacKay?*

A: There's no question he was extremely upset. I didn't quite appreciate his partisan roots because I didn't grow up in that kind of household. With us, it was about what's the best way to do things and make it work. Party loyalty is more important to him, and I underestimated the consequences, the deep partisan roots he had.

Q. *Do you talk to him?*

A. No.

Q: *Do you regret that?*

A. Why, sure. Any time you have a close personal relationship with someone, to not be able to communicate, it's unfortunate.

Q: *What's the nature of your relationship with Tie Domi?*

A: I don't really talk about that. I've never really talked much about my personal life.

Q: *But it's out there.*

A: I know, but it's one thing if all parties choose to communicate. In Peter's case, we were two public figures. But when there are consequences for other people, I'd rather keep that quiet.

Q: *This isn't my field of expertise, Belinda, but am I wrong that you've been seen in public recently—you're at least friends, right?*

A: Yeah, we're good friends. That's all I'm going to say. We remain good friends.

Q. *How do your children look at your political involvement? Are they interested?*

A. Well, I've become the subject of many civics classes, which probably makes them want to crawl under their desks. But I talk to my kids about everything. They are incredibly nice people, they're strong, and they've made a big sacrifice. Just before I finally made the decision I talked to my son and he said, "Mom, it would be nice to have you at home, but I support you in whatever you decide." That chokes me up when I hear that.

Q: *You can't ask for more than that.*

A: I can't ask for more than that, and I know my daughter feels the same way. M



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ENDANGERED SPECIES ALERT

Stronach's exit raises a question: where are all the powerful women?

BY AARON WHERRY • The day after the most captivating figure in Canadian politics since Pierre Trudeau took her own walk in the snow, the *Globe and Mail* editorial board attempted to write Belinda Stronach's epitaph. "Her departure," the paper proclaimed, "leaves barely a ripple."

Never mind that Stronach's visage adorned the front page of the *Globe* that morning, just as it did the *National Post* and *Toronto Star*. Never mind that a Stronach discussion thread at the *Globe*'s website had drawn 167 comments in 99 minutes before moderators called a halt to the heated discussion. Never mind that the *Globe*'s online poll—"Belinda Stronach is planning to exit the federal political stage. Will you miss her?"—was on its way to attracting more than 16,000 votes (an earlier poll about Canada's regard for war veterans attracted less than half as many). Suffice it to say, Newfoundland MP Bill Matthews, a 10-year veteran of federal politics (once famous himself for switching parties), didn't get the same treatment when he announced his retirement a week earlier.

LOOK INTO DION'S INNER CIRCLE, AND HARPER'S PMO, AND THE HEAVY HITTERS ARE NEARLY ALL MEN

"Belinda is kind of like a perfect storm of prejudices," says Mark Entwistle, who has been close to Stronach since joining her ill-fated Tory leadership campaign at the behest of former prime minister Brian Mulroney. Adds University of Toronto political science professor Sylvia Bashevkin, who has authored numerous books on the subject of women in politics: "She has flouted or rejected so many of the traditional assumptions about being a quote-unquote 'good girl.'" Through [illegible] cause to debate the nature of celebrity, affluence, public life, democracy, feminism, civil discourse and what on earth a woman of her status could possibly see in Tie Domi. But so often the discussion hung on the most obvious of angles—Belinda Stronach is, in case you hadn't noticed, a woman.

"That's because there's not enough of us in the House of Commons," Stronach says flatly, in a departure interview at a Toronto hotel. By the numbers, women accounted for just 24.5 per cent of candidates from the five major parties in the last election and just 20.9 per cent of those elected. The Conservatives, Liberals, NDP, Bloc Québécois and Greens vowed this week, at the behest of a group called Equal Voice, to see more women elected to Parliament, but these are certainly not great days for the cause of gender equality in democracy.

With Stronach and Lucienne Robillard set to depart, the Liberals have lost their two biggest female stars. The Conservatives haven't had a prominent female presence in the House of Commons since Rona Ambrose, once considered a big hitter in cabinet, was demoted for losing control of the environment portfolio. In fact, the most talked-about woman in Canadian politics might be Laureen Harper, the Prime Minister's wife. And only then because she's always taking care of another stray cat or dragging John Baird around town.

In the Prime Minister's Office, the big inside players are almost exclusively male—the likes of Ian Brodie, Patrick Muttart, Doug Finley and Baird dominating discussion. Around Stéphane Dion it is deputy leader Michael Ignatieff, Bob Rae and Gerard Kennedy who dominate the narrative. There are obvious and important exceptions on both sides—Liberal whip Karen Redman, prospective MP Martha Hall Findlay, Conservative Senator Marjory LeBreton—but the face of Canadian politics is generally marked by stubble.

"In all three sectors—the public bureaucracy, the elected legislature and the backrooms—one can argue that we've often seen, in the [illegible] ment downward from where we might've been in the '80s or '90s," Bashevkin says. "We've also seen much less media attention and public scrutiny of both that plateau pattern or the downward motion. And very little interrogation of the reasons."

Bashevkin speaks highly of Mulroney's administration—the former prime minister making affirmative action a priority and pro-

A FEW GOOD WOMEN (from top) MP Ruby Dhalla, MP Carolyn Bennett, the always controversial Stronach

JASON SCOTT/CP JOHN WOOD/CP TOM HANSON/CP



moting Pat Carney and Barbara McDougall for instance But, under Harper, the focus has instead turned to geographic and territorial attributes

Beyond that, the questions are many Some suggest the toxic atmosphere of parliamentary debate discourages women from participating—an argument that seems both plausible and implicitly sexist Meanwhile, it is impossible to ignore the way in which the Stronach Era was explained over the last week, the word "fling" used numerous times to describe her career And what are we to make, if anything, of the fact that the last three women to lead major political parties—Kim Campbell, Alexa McDonough and Audrey McLaughlin—seemed to struggle mightily? Is politics just, as one (female) commentator put it last week, a man's game? And do we want more women in politics to make government more representative of the population (in which case we'll also need more minorities and more young people)? Or do we believe women will fundamentally improve the debate?



BOYS CLUB Harper and company

Perhaps slightly more than a ripple then—the Stronach Era left big questions, most of them unanswered Perhaps because the subject of women in politics is both the most obvious of issues and one of the most complicated.

"That is something I feel a bit sad about, that there's a lot more work to do," Stronach says "But we don't have enough women leaders in politics and we don't have enough in business either"

"If you guys had written about my ties and my shirts, I'd have been humiliated," says former cabinet minister John Manley "It's an unfortunate characteristic of our political discourse that so much of it is so insubstantive" M

Sorry, the doctor can't see you

A key military base in the Afghan mission loses its only shrink

BY MARTIN PATRIQUIN • Canadian troops returning to CFB Gagetown from Afghanistan this summer may well find themselves without psychiatric care The base's only psychiatrist was suspended for having sex with a patient In late March, the College of Physicians and Surgeons of Newfoundland and Labrador suspended Dr James Hanley for professional misconduct after he admitted to several sexual encounters with Kathleen Wiseman, his long-time patient in St John's The suspension effectively prevents Hanley from practising at the base in New Brunswick, where he has worked with increasing frequency since 2002

HE WAS SUSPENDED AFTER A PATIENT COMPLAINED HE USED HER FRAGILE STATE FOR SEXUAL ENDS

In fact, Hanley is the only staff psychiatrist on the military base, where 4,500 soldiers live and train, and which is the primary mounting base for Canada's mission in Afghanistan. Even before the suspension, Hanley wasn't working full-time at Gagetown, and now that he is restricted to administrative duties, Canadian Forces officials are wondering what might be the repercussions for Canadian soldiers "Is it a crisis? No, because the soldiers will be cared for," said Maj Rakesh Jetly, director and psychiatrist at the Canadian Forces' Operational Trauma and Stress Support Centre in Halifax "But you have to understand that psychiatry is unique You develop a therapeutic relationship [with a patient] Someone stepping in and fine-tuning medication isn't going to replace that The long-term continuity of care issue, that's been abruptly terminated and that's going to cause most of the problems"

Jetly says a part-time psychiatrist will start in two weeks, although he admits there will be a significant problem if the college doesn't find a "timely permanent solution" to Hanley's interim suspension Before the suspension, but after the allegations came about, Jetly says officials performed a risk assessment on keeping Hanley in the clinic, which demonstrated the doctor's vital role on the base "We looked at the risk of that practice versus the risk of not having psychiatric services to the hundreds of soldiers that he sees," Jetly says, adding that Hanley's return would mean better care for the number of soldiers returning with post-traumatic stress disorder—a field in which Hanley has excelled over the last several years

Hanley's problems, though, aren't anything new Canadian Forces officials became aware of his case about a year and a half ago, when Wiseman complained that he took advantage of her fragile state—she'd suffered a major car accident and had multiple cancer treatments—for sexual ends A tearful Hanley apologized to Wiseman and to his other patients, blaming long hours and time away from his family for what he called "a very serious boundary violation" The Newfoundland college suspended his licence and fined him $12,500. This meant an automatic suspension of his licence to practise medicine in New Brunswick—and an end to his clinical work with the armed forces

New Brunswick college president Malcolm Smith says Hanley, who could not be reached for comment, must be held to provincial norms regardless for whom he works "We're in a situation now where our poor guys are getting killed and seeing their buddies blown to pieces in that terrible, stupid adventure in Afghanistan, and they are coming back and we need to give them all the help we can give them But do we have to make an exception because the Canadian military intervenes, or would you say that every doctor has to be judged on the merits of the complaint?" M

FOR THE RECORD

LIES, DAMNED LIES, AND MOUNTIES

"This is the problem I have had for six years with this man I keep telling him things, he keeps twisting them and he keeps telling lies I am sick of it and he's doing it here under oath "—Retired Mountie Staff Sgt Ron Lewis at a Commons public-accounts inquiry on the RCMP pension scandal, referring to former commissioner Giuliano Zaccardelli denying any cover-up NDP MP David Christopherson was moved to comment: "One of them is lying here"

FRED CHARTRAND/CP

Christie

Canada's Food Guide recommends 5-12 servings of Grain products per day, emphasizing whole grain choices.
It takes only 4 Triscuit crackers to deliver 15g of whole grain



Rosemary and Olive Oil Triscuit.
Two great tastes. One little crunch.

Baked with 100% whole grain.
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Feel the crunch.

Five questions to ask your dentist about acid erosion.

1. What is it?

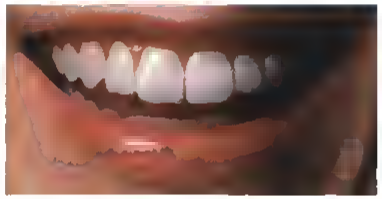
Acid erosion is a softening and gradual loss of the surface of the tooth's enamel. If you do nothing about acid erosion, it may lead to more serious dental problems.

2. How did I get it?

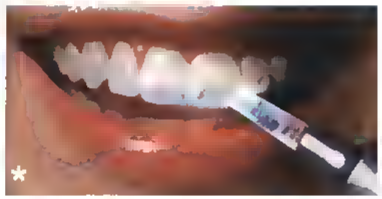
Probably as a direct result of consuming acids found in everyday food and drink, such as fruit juices, some soft drinks, fruit and wine. After contact with these acids, the surface of the enamel is softened, and then more vulnerable to the effects of brushing.

3. Why haven't I heard about this before?

Diets have changed a lot over recent years leading to a higher consumption of acids. But unfortunately acid erosion isn't easy to detect in the early stages. To the naked eye teeth may look positively healthy. Only your dentist will know for sure if you have it. One early sign might be a slight sensitivity to cold, hot, or sweet things.



Your teeth can look healthy



But a dental light can reveal glassiness and translucent edges*

4. What can I do about it?

Visit your dentist for the best advice. He may tell you that there's no need to avoid certain foods or drinks. Instead, think carefully about your eating and drinking habits. For example: don't mull fruit over in your mouth, swallow it as soon as you feel it is ready to digest; drink acidic drinks through a straw, avoiding your teeth, and wait at least an hour after consuming acidic food or drinks before brushing your teeth.

5. Can a simple thing like a toothpaste help?

Yes. It's important to start protecting your tooth's enamel now, because loss of enamel is irreversible. Sensodyne® ProNamel™ is an everyday toothpaste specifically designed to help re-harden your tooth's softened enamel. It has low abrasivity, it's non-acidic, high in fluoride, and helps protect against the effects of acid erosion.

ASK YOUR DENTIST ABOUT ACID EROSION



www.ProNamel.ca

*Illustration of increased translucency, an effect of acid wear.

Montreal's trashy 'little horrors'

BY MARTIN PATRIQUIN • There are a few surefire ways to emotionally bruise the average Montrealer: insult his city's hockey team, or the cleanliness of his city's streets. And though the spring thaw has yet to surpass the embarrassment of the Habs being knocked out of the playoffs—by the Toronto Maple Leafs, no less—the state of the city streets and parks remains a constant irritant. "Mayor Drapeau put Montreal on the map. He'd go back to the grave if he saw the city in 2007!" wrote one *La Presse* reader recently.

The abuse was particularly hard for current Mayor Gérald Tremblay, who campaigned on the *proprete* ticket in the last election. When Tourisme Montréal president Charles Lapointe decried Montreal's "little horrors" that repel tourists and their dollars, Tremblay first wanted him fired—but settled for a tête-a-tête to ensure trash-free vistas for the city's estimated 7.5 million yearly visitors.

Tremblay also revamped Opération Net, a cleanliness campaign appealing directly to civic pride ("Trash goes in the garbage," reads one piece of advice. "No garbage? That's no reason to get rid of it in the flower gardens!") More effective might be new $1,000 fines for private and corporate litterbugs. Finally, the city will spend roughly $2 million—from an expected $9 million generated from increased parking rates—on roving street patrols and sweepers. That has another set of critics howling. "Cleanliness is a red herring issue by a government that can't do its job," screeched radio host Beryl Wajsman, saying the increase was tantamount to "unjust taxation."



RAMPANT RUBBISH is why the city is losing its curb appeal

He might have a point. A recent Mercer Human Resource study said Montreal remains one of the cleanest cities in the world, beating out the likes of Copenhagen, Munich and, yes, even Toronto. In Montreal, it seems, trash talking goes well beyond the hockey rink. M

Sextuplets: necessary transfusions?

BY KEN MACQUEEN • The young father of four surviving sextuplets sat quietly in a Vancouver courtroom Monday as six lawyers and Chief Justice Donald Brenner of the B.C. Supreme Court walked through the legal and moral minefield resulting from the birth of his tiny, fragile children. His black hair is buzzed short and gelled. He sported a conservative black suit, the sort he'd wear to prosely tize his Jehovah's Witness faith on doorsteps near his Fraser Valley home.



PROTESTERS at the court hearing on religious rights

He can't be named by court order but his presence drove home the point that there is more to this case than the esoteric legalities of the provincial government's decision to take custody of the babies and give them blood transfusions—violating a key tenet of the family's faith. Two girls and a boy, now three months old, are at home. The fourth baby, a boy, should be home soon. All are as healthy as can be expected considering they were born 15 weeks premature, says his lawyer Shane Brady. "But the long-term prognosis? The parents hope that it's positive, but it's too early to tell."

Monday's arguments skated around the substance of the case: did the government violate the parent's constitutional rights by transfusing the children without proper court hearings? Affidavits from attending doctors and social workers claim medical emergencies required quick action. That is disputed by an California neonatologist who studied the children's medical records, and is one of three experts who wrote affidavits in support of the family. The babies were above the minimum hemoglobin levels requiring a transfusion, Dr. James Schick told *Maclean's*. "They needed appropriate treatment for infection, but transfusion isn't the solution for infection," says Schick, director of the neonatal intensive care unit at St. John's Regional Medical Center in Oxnard. "And, looking at the records, they didn't have any beneficial response from getting the transfusions, either." Schick says he isn't a Jehovah's Witness but he respects parents' wishes, unless they imperil the child. The case resumes in July. M

The 'fairest' method of renting flats

BY NICHOLAS KÖHLER • Recently, a dentist examined the inside of a hen's mouth and found a vacant apartment in Calgary. Such are the hurdles faced by an apartment hunter new to boom town, a city with a vacancy rate just above zero, that even hyperbole loses traction and slips into the surreal.

Just ask Graham Charles, a Calgary resident who last week discovered himself lucky enough to have secured an apartment—and to be vacating it. Within hours of posting it as a sublet on a local online bulletin board, Charles, 35, had received dozens of responses and evidently sniffed money. Soon, he was offering his lease, up this July, to the highest bidder, posting it on eBay.

By Monday, the $845, one-bedroom rental, in a luscious neighbourhood (read: close enough to 17th Avenue to enjoy the Red Mile but far enough to be spared the smell of urine cooking on the pavement early on a sunny post-game morning), was fetching bids of $102.50. "That's how things roll here," Charles told the *Calgary Herald* (he did not respond to entreaties from *Maclean's* for an interview because, as one go-between put it, "I think he got a lot of not-so-positive reaction"). But Charles maintained auctioning his lease was the "fairest" method of dealing with demand and countered, "If you don't like this, you should leave Calgary."



CALGARY: Want to rent a flat? Try a bid on eBay.

According to the terms of the auction, conducted without the involvement of his landlord, the highest bidder wouldn't immediately win the right to move into the flat but, rather, would have to submit to the landlord's scrutiny, including credit and reference checks. Only the bidder who earned the landlord's approval would have to pay Charles. Then, a day after its opening, Charles put an end to it all due to his landlord's concerns. That's a shame in a province where tenants receive scant protection from landlords, who can raise rents to exorbitant levels with a mere 90 days notice—and do—Charles may have hit upon the only silver lining left the Calgary renter: turning hens teeth to golden eggs. M

Jan. 1, 2007, Palm Beach, Fla.
Gunmen in an SUV fire into a crowd on a residential street, wounding five and killing an eight-month-old baby

Jan. 4, 2007, New Orleans, La.
A gunman bursts into the home of a filmmaker, killing her and wounding her husband, a Canadian doctor, as he clutches their two-year-old son

Feb. 13, 2007, Salt Lake City, Utah
An 18-year-old in a trench coat goes on a shooting rampage in a crowded mall, killing five people, then himself

March 26, 2007, Denver, Colo.
Two masked gunmen open fire on a group of college students, sending three to the hospital

March 27, 2007, Palm Beach, Fla.
Three young men are killed and four others wounded when a shooter starts firing at a backyard party gone wrong



March 27, 2007, Lake Worth, Fla.
A man draws his gun during a poker match and starts firing, shooting seven players and killing three

April 12, 2007, Baltimore, Md.
A known criminal opens fire in the streets at midday, wounding three children and one man

April 16, 2007, Blacksburg, Va.
A Virginia Tech student kills 32 and wounds 17 on campus in the worst gun massacre in U.S. history

IN THE LINE OF FIRE



Virginia Tech is an epic tragedy. But sadly, lax rules have made gun violence a part of American life. Why won't the U.S. lawmakers protect their own citizens?

BY JONATHON GATEHOUSE, MICHAEL FRISCOLANTI, and LUIZA CH. SAVAGE

GETTY IMAGES

Bright and early this past Easter Monday, a 38-year-old accountant walked into a Troy, Mich., office with a pump-action shotgun, killed the 63-year-old receptionist and left two of his former bosses lying in pools of blood. The man had been fired on Thursday, and purchased the gun and ammunition on Good Friday. On March 27, a backyard poker game in Lake Worth, Fla., ended when one of the participants drew a gun instead of a straight, slaying three, and wounding four others. The evening before Valentine's Day, a trench-coated 18-year-old opened fire in a Salt Lake City shopping mall, committing five random murders before turning the gun on himself. That very same night, a disgruntled Philadelphia investor burst into a board of directors meeting, killed three, wounded one, and took his own life.

The massacre of 32 staff and students, and wounding of 17 others at Virginia Tech this week, is an epic tragedy. (Among the dead was a former Montrealer, Jocelyne Couture-Nowak, who had been teaching French at the polytechnic for seven years, while her husband, Jerzy Nowak, taught agriculture.) But sadly, it's remarkable mostly for its scale—the worst shooting spree in American history—rather than its aberrance.

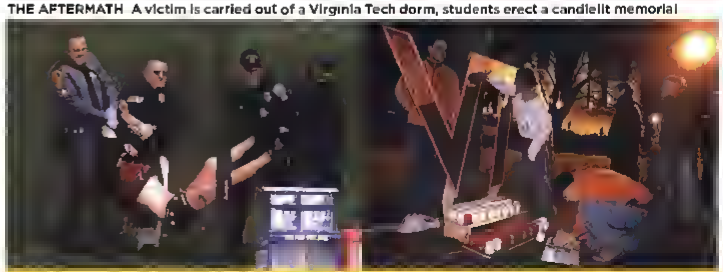
The suspected gunman fits the profile all too well. Cho Seung-Hui, a 23-year-old senior who grew up in Korea but spent the past 14 years in the United States, had few friends, violent fantasies (his creative writing assignments were disturbing enough that course administrators referred him for counselling), and a fascination with weapons. Recent bad behaviour—reports of stalking and setting a dorm room on fire—weren't enough to spur authorities into action. And without a felony conviction, there was nothing in federal or Virginia state laws to stop Cho, a permanent resident but not a citizen, from purchasing two handguns. Police say that they found the receipt for one, a 9-mm Glock, in his backpack. Notes found in his room reportedly outlined his plans for revenge—the common theme among killers—on the "rich kids" and "deceitful charlatans" on campus, as well as linking him to two past bomb threats.

But similar, smaller acts of calculated violence are now an almost weekly feature of American life. So commonplace that they rarely make ripples beyond the communities where they occur. And in the case of impoverished victims and perpetrators, they go hardly noticed beyond the boundaries of their blighted neighbourhoods.

"In the U.S., we have a couple of dozen mass killings every year," says James A. Fox, a professor of criminal justice at Northeastern University in Boston, and a noted authority on murder sprees. The intense media focus on events like the Virginia Tech shootings, last year's slaying of five young Amish girls at a rural Pennsylvania school, or the 1999 Columbine massacre, has created a perception that they are happening more frequently, but the number of such tragedies has stayed constant for close to 30 years. And while mass killings are an international phenomenon—the Dunblane massacre in Scotland, a rampage in Erfurt, Germany, that left 16 dead in 2002, and Canada's own Ecole Polytechnique, Taber and Dawson College shootings among them—the U.S. remains their unquestioned epicentre. Fox ticks off his possible explanations: America's obsession with high-powered weapons, an "eclipse in community" and family breakdowns that have left more and more people isolated, and a popular culture that celebrates those who get even, and pities those who don't. "Most of these mass killers have a clear sense that they are right and other people are wrong," he says. "A clear sense that they are being victimized by an unfair system, and they go after the people they hold responsible."

What is also uniquely American is how its public and politicians are likely to respond to the latest in the lengthening line of gun tragedies—with real sorrow and outrage, but little or no action. Much of the country has grown used to buying its guns like milk and newspapers. Virginia, for example, ranks in the middle of the pack in terms of regulations. Potential purchasers do need background checks (unless they're shopping at a gun show), and you must be 18 to purchase an assault rifle—although mom or dad can give you one once you turn 12. And while it is illegal to bring any gun into educational insti-

THE AFTERMATH. A victim is carried out of a Virginia Tech dorm, students erect a candlelit memorial



ALAN KIM/AP; KEVIN LAMARQUE/REUTERS

THERE ARE ROUGHLY 283 MILLION GUNS IN THE U.S.—ONE PER PERSON

tutions, including universities, It's easy to walk around with one off campus Police must issue a concealed weapons permit to anyone who asks

Perhaps things are just less complicated abroad After 16 people were shot dead by a lone gunman in the British town of Hungerford in 1988, the U K. government reacted by tightening already strict gun control regulations and banning semi automatic weapons In the wake of the 1996 Dunblane killings, handguns were also banned Both measures found widespread support Australia's example is even more striking Starting in the mid 1980s, 112 people were shot dead in 11 mass killings, culminating in an April 1996 massacre at the Port Arthur tourist site in Tasmania where yet another lone gunman took 35 lives and left 37 wounded In response, Conservative Prime Minister John Howard introduced some of the world's toughest gun laws, banning almost all types of rifles and shotguns The government then went even further, "buying back" and destroying some 700,000 such weapons already in private hands (When problems began to surface with criminal gangs and handguns in 2000, pistols were also banned) Australia's firearm deaths have now tumbled from an annual average of 521 (including 93 homicides) prior to 1996 to 289 (56 homicides) Although violent crime was already on a downward trend, a recent University of Sydney study gives most of the credit to the gun control measures, noting that rate of decline in gun deaths has doubled More to the point, there have been no mass shootings since the regulations took effect.

Of course, no laws are fail-safe Canada's gun control measures are often cited as a model, yet Kimveer Gill, the deranged vampire lover who opened fire at Montreal's Dawson College last year, was a law-abiding gun owner until that September morning Not only did he have a restricted-class firearms licence, but all the weapons used in the attack were listed on the national gun registry The 25-year-old killed one student and wounded 19 others before shooting himself in the head

Still, it's hard to escape the conclusion that America's patchwork of loopholes and exceptions, stretched and warped by the endless battle over citizens' constitutional "right" to bear arms, are at best ineffective, and at worst an act of national self-sabotage According to the U.S. Department of Justice, there were 10,100 murders committed with firearms in 2005 (the most recent year for which complete statistics are available), an average of 28 deaths a day (in Canada, that number was a mere 222, five times less per capita) Add in suicide and accidents, and the daily toll reaches 80 Every year, a further 200,000 people are lucky enough to survive their brushes with firearms, although at an estimated health care cost of more than $100 billion No one is even sure just how many guns there are in the United States In 2004, the Harvard School of Public Health conducted a national telephone survey of 2,770 adults Almost 40 per cent of households reported owning at least one firearm, with almost half of that group saying they had four or more Extrapolated, the findings suggest there are at least 57 million private gun owners, with an estimated 283 million firearms—one for almost every American

Will an additional 32 killed and 17 wounded, no matter how traumatic and well publicized, be enough to effect change? Even the American anti-gun lobby seems pessimistic Following the Virginia shootings, the Brady Campaign to Prevent Gun Violence, the largest anti-gun group in the country, and the force behind the "Million Mom March," issued a gloomy statement noting that in the eight years since Columbine, the U S has "done nothing as a country to end gun violence in our schools and communities If anything, we've made it easier to access powerful weapons " In an interview, Paul Helmke, the group's president, says he tries to remain optimistic "The lesson from Virginia Tech is that what we are doing now doesn't work. The challenge is for the American people to contact their elected representatives and candidates and ask them what they are going to do," he says But, he acknowledges, this is the big test "If we do nothing after this kind of a tragedy, we are compounding the tragedy"

If meaningful gun law reform is to happen, most analysts agree that it will have to be led by the public, not their politicians On Sept 11, 2001, the national preoccupation suddenly became armament, not the laying down of weapons Pro-gun-control Republicans are an official endangered species, and the Bush White House counts the National Rifle Association among its few steadfast supporters these days The Democrats are still smarting from Bill Clinton's first-term gun limiting efforts, the backlash to which they believe ultimately handed control of Congress to their opponents for close to a decade "The Democrats are pretty timid right now," says Clyde Wilcox, a Georgetown University government professor who co-authored a book on the politics of gun control "There's a feeling that they could win the White House if nothing screws up And with their narrow majority in Congress, they won't push for anything very radical " And even though polls consistently show that the public supports a "third way"—bans of specific types of weapons, or limits on magazines and ammunition—few politicians are willing to follow. "Regrettably, in the United States people seem inured to gun violence now," says Wendy Cukier, a Ryerson University professor and co author of *The Global Gun Epidemic*. "It is almost as if they've passed the tipping point. They now have almost as many guns as people "

EVEN though sensational events like Columbine get most of the media coverage, there are dozens of mass shootings in the U.S. annually



AT BEST, AMERICA'S GUN LAWS ARE INEFFECTIVE. AT THEIR WORST, THEY'RE AN ACT OF NATIONAL SELF-SABOTAGE.



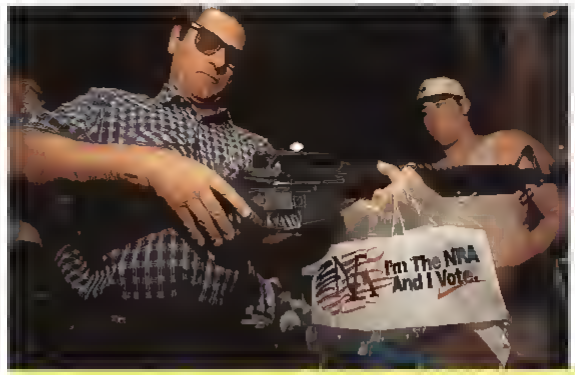
AP ABACAPRESS.COM /REUTERS

On Monday morning, as soon as the cable news networks began broadcasting live from the Virginia Tech campus, Cukier's telephone started to ring She knows the routine shots fired at a school, another round of gun control debate A business professor, Cukier is also a founding member of the Coalition for Gun Control, a Canadian organization formed after the 1989 Montreal Massacre. "Most countries in the last 10 years have strengthened their gun laws," she says "The United States is one of the few that has actually weakened them. It's not because the average American doesn't want more gun control If you look at the polling, most Americans do want more But it has to do with their political system—and the fact that an organization like the National Rifle Association can dominate national gun policy"

Not even the NRA would disagree with that For 138 years, the organization has fought any and all attempts—real or perceived—to deny Americans their Second Amendment right "to keep and bear arms." In the halls of official Washington, no lobby group has more power, sway or influence than the NRA In a recent interview, Wayne LaPierre the executive vice-president, boasted that the freedom of American gun owners is in "the best shape it's been in decades "

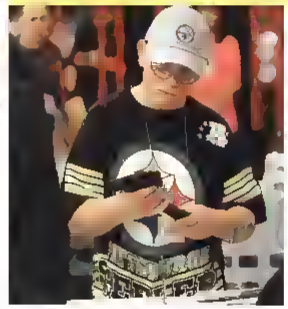
Indeed There was time, back in the early 1990s, when the NRA machine appeared to be losing steam. In 1993, President Bill Clinton signed the Brady Handgun Violence Prevention Act, named in honour of former White House press secretary James Brady, who was shot and severely wounded in the assassination attempt on Ronald Reagan The bill's signature provision was the introduction of a five-day waiting period for the purchase of a handgun A year later, Clinton approved another historic gun control measure that banned 19 types of assault weapons and ammunition clips of more than 10 rounds Despite vehement opposition, the National Rifle Association was unable to thwart either measure

But the NRA, as it often does, had the last laugh In 1998, the five day rule expired, replaced by an "instant" criminal background check done by computer The whole purpose of the old law was to prevent crimes of passion, to give a would-be wife-murderer, for example, the chance to cool down and rethink his actions Under the new system, a customer can now buy a handgun in a matter of minutes The assault weapon ban also came back to bite Clinton In the 1994 election, his Democrats suffered their worst defeat in nearly 50 years The National Rifle Association took much of the credit, claiming that it targeted 24 specific candidates and defeated 19 of them Years later, in his autobiography, Clinton admitted that he underestimated the organ



MARK PETERSON/CORBIS JEFF SWENSEN/GETTY IMAGES

EVERY YEAR, 200,000 AMERICANS SURVIVE THEIR BRUSHES WITH FIREARMS, AT AN ESTIMATED COST OF $100 BILLION



PRO-GUN activists call it 'irresponsibly dangerous' to ban guns in schools

ization's reach "I was wrong," he wrote

By the late 1990s, legislators seemed to have lost their will Days after the Columbine shootings, the U S House of Representatives spent three days debating the root cause of the tragedy Violent video games? Bad parenting? Guns? When it was over, the House refused to pass legislation that would have required mandatory criminal background checks on anyone making a purchase at a gun show (such events aren't covered by existing gun control laws) Visibly upset, Clinton called it "a great victory for the NRA " The *Washington Post* went one step further, describing it as the NRA's "most dramatic legal victory in years " Another major victory came in 2004, when the assault-weapon ban introduced by Clinton quietly expired George W Bush, the NRA's candidate of choice in the previous election, refused to renew the ban

For now, however, the National Rifle Association is keeping its collective mouth shut As news of the Virginia shooting began to spread, the lobby group—smack in the middle of its annual convention—released a brief statement "Our thoughts and prayers are with the families," it said "We will not have further comment until all the facts are known " When they do eventually talk, it's not hard to assume what they'll say. Guns don't kill people People do

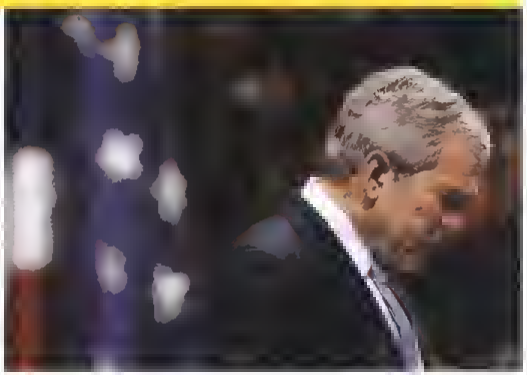
Other pro-gun activists are already talking Larry Pratt, the executive director of Gun Owners of America, said that firearm restrictions are the problem, not the solution "All the school shootings that have ended abruptly in the last 10 years were stopped because a law-abiding citizen—a potential victim—had a gun," he said "It is irresponsibly dangerous to tell citizens that

they may not have guns at schools"

The United States Supreme Court may soon have to decide if that is true. In fact, the Virginia Tech tragedy comes at a time when American courts are toying with a fundamental reshaping of the legal landscape surrounding gun rights, which could lead to the striking down of most gun control laws that do exist. The Second Amendment states that "A well regulated militia being necessary to the security of a free State, the right of the People to keep and bear arms shall not be infringed." For generations, scholars have argued about what this means. Some argue that the Founders only intended to make sure that guns were available for the purpose of

COURTS ARE TOYING WITH A FUNDAMENTAL RESHAPING OF GUN RIGHTS

state militias during a time when there was no standing army. But because there are no such militias these days, they say, the government has broad leeway to restrict gun sales to individuals. Others argue that the "militia" part of the Second Amendment is irrelevant, and that the constitution protects a fundamental right for individuals to own guns for self-protection and hunting.



PRESIDENT Bush offered prayers at a Virginia Tech convocation ceremony

For more than half a century, the Supreme Court has taken the former view, giving state and federal lawmakers plenty of room to regulate guns despite the Second Amendment. Despite challenges, the courts have upheld laws such as a ban on fully automatic machine guns and waiting periods to obtain guns. Many regions in America—including Virginia—have nonetheless been very friendly to gun owners, imposing relatively few regulations. But the main obstacle to regulation was political, not legal.

Now the judiciary's narrow interpretation of the right to bear arms could be coming to an end. On March 9, the federal court of appeals for the D.C. Circuit struck down a 31-year-old ban on handguns in Washington, a largely Democratic city with high crime rates that had enacted some of the toughest measures in the country. The case, Parker vs. District of Columbia, was a huge victory for the opponents of gun control because it broke with the way most courts had interpreted the Second Amendment for almost 70 years. "Up until the Parker decision, no court had struck down a gun control law on Second Amendment grounds," said Dennis Henigan, the legal director of the pro-gun control Brady Center, which filed a friend-of-the-court brief in the case.

The last time the U.S. Supreme Court ruled on what this actually means was in a 1939 case known as U.S. vs. Miller, in which two mobsters were indicted for transporting sawed-off shotguns over state lines. The court ruled at the time that the amendment protects the right to bear those arms that would be used by members of a militia—able-bodied men who could be called up for the common defence—and the court found that sawed-off shotguns didn't meet the definition and so could be banned by Congress despite the constitution.

But in the March case, Judge Laurence Silberman, an influential Reagan appointee, wrote a ruling holding that the right to bear arms went beyond militias, and was instead an individual right, akin to free speech. The District of Columbia has asked for a rehearing of the case in appellate court. If the decision is not reversed, it is expected to go to the Supreme Court. Supporters of gun control are afraid that the top court, with its recent Bush appointees, will reverse the 1939 precedent and imperil a vast swath of gun regulations.

"The current composition of the court is very troubling," said Henigan, noting that Justices Antonin Scalia, Clarence Thomas, Samuel Alito and Chief Justice John Roberts have made remarks suggesting they may be open to reinterpreting the Second Amendment. "We anticipate that if Parker were upheld, it would stimulate courtroom attacks across the board. You would put at risk even modest laws," said Henigan, citing background checks, a federal machine gun ban, state licensing and registration laws, and 1968 legislation establishing regulations for licensed gun dealers.

The lawsuit was instigated and personally financed by Robert A. Levy, a senior fellow in constitutional studies at the Cato Institute, a libertarian think tank in Washington. Levy argues that the right to bear arms predates the U.S. Constitution, and goes back to English common law and "even before that as a natural law that we had in the state of nature, the right to hunt and protect ourselves."

Levy told *Maclean's* it was his intention to get the issue before the Supreme Court in order to reverse the 1939 precedent. "The Supreme Court is the objective here. Our sense is we're going to win this case, but we're not taking it for granted. It's going to be a battle," he said.

If the Supreme Court takes up the case and sides with Silberman and Levy, the legal landscape around gun laws would be effectively reversed. Regulations currently presumed to be constitutional would suddenly be presumed unconstitutional, much the same way as are government limits on free speech. The government would have to demonstrate a compelling need for a regulation, demonstrate that the regulation would actually work, and would have to persuade a court that there is no other way of reaching the goal without infringing on the constitutional law. In his decision, Silberman wrote that some "reasonable" regulations could still pass those tests, such as restrictions on concealed weapons, registration requirements and bans on some weapons.

Levy says Monday's shootings show that gun bans are flawed as a matter of policy as well as law. "Virginia Tech is a perfect case in point—a guy is running around for two hours killing 32 people and no one can do anything about it. Why? Because no one is permitted to have a gun on the campus," said Levy. "It's nauseating, frankly, that no one can defend themselves in that kind of environment."

"That's absurd," Cukier says. The notion that gun crimes can be prevented by having more guns on the street is not supported by a shred of evidence, she says. "There is no question that these tragedies can occur anywhere regardless of the gun laws. There are no guarantees. But making it harder to get guns does more for public safety than making it easier." M

With Benoit Aubin

GERALD HERBERT/AP

Sinus relief at night.
Sinus relief during the day.
Have we overlooked anything?



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Colleges can't be more like airports? Why not?



ANDREW POTTER

During the great mid-century expansion of the university system, a fight broke out between progressive-minded reformers, who favoured the democratization and vocationalization of the new "multiversity," and those who wanted the university to remain an elitist ivory tower. In Canada, the forces of conservatism were led by men like George Grant, Harold Innis and Northrop Frye. These were old-fashioned Tories, who believed that the purpose of higher learning was to protect the timeless values of civilization from the rising tide of modernity and technological "progress." This aloofness liberated students and professors alike from daily concerns and allowed them to hold society at a critical distance. For Frye, the university was a refuge that best served society "by digging in its heels and doing its traditional job in its traditionally retrograde, obscurantist, and reactionary way."

It is hard, these days, to take seriously any talk of the university as a refuge from modernity, since it can't even serve as a haven from a crazed gunman bent on murdering as many of his fellow students as possible before taking the coward's way out. These "campus massacre" headlines are getting a bit tiresome, and it is time we did something about it.

The morning after the shootings at Virginia Tech, the CBC interviewed Rob Steiner, assistant vice-president of strategic communications at the University of Toronto. Steiner explained the various security procedures the university has in place, but he also pointed out how difficult it is to secure a campus of 70,000 individuals spread out over half the downtown core. We do what we can, he said, but in the end we can't turn the university into an airport.

Well, why not? Universities are in many ways a lot like airplanes. Both are closed communities made up of relative strangers thrown together in a constrained space, and both rely on a tremendous amount of trust, good will, and collective interest in order to function properly. But because they rely so heavily on trust among strangers, universities and airplanes are both vulnerable and fragile communities that are easily undermined by outsiders who reject the assumptions that underwrite the whole endeavour—that everyone wants to get home in one piece (in the case of air travel), or that everyone is there to learn (in the university setting).

It is because of this vulnerability that universities, like airplanes, are paternalistic and somewhat infantilizing environments. In the air, having to do what you are told is a matter of basic security. In the university, as in college and even high school, the paternalism is more complex. The student has to submit to the discipline of education because that is what creates the conditions for the possibility of learning, for critical thought, and for moral and intellectual growth. Northrop Frye probably overstated his case for the "obscurantist and reactionary" university, but he was right about the university being a place apart from the real world. It is a hothouse for young people, where ideas, passions, creative energies and libidos are allowed to trip and stumble over one another as they gradually straighten themselves out into a coherent personality. It isn't always pretty, but it is pretty damn exciting.

But a place where violent death might stalk through the door at any moment is no refuge. So again, why shouldn't we turn our universities into airports? After all, that is exactly what they have done to plenty of American high schools.

The obvious reply is that it is impossible, that you can't even begin to properly secure an urban university campus of any reasonable size. The police and the security cameras would be stupendously expensive, while the scanners and checkpoints in every building would make life unbearable. Fine. Then let's transform the groves of academe into gated communities. Build a wall around every campus, turn them into the scholarly equivalents of Baghdad's Green Zone.

If that is ridiculous, then let's aim for something a little more plausible, like banning guns from the continent. Get the guns off the street, out of our basements, out of our purses, and out of our glove compartments.

That too, critics will say, is impossible. Even if the constitution didn't give every American the legal right to bear arms, you can no more control illegal access to guns than you can control illegal access to drugs. So if we can't wall off our schools, and we can't ban the weapons that are routinely used to mow down our students, then it would seem that the only remaining way to prevent further massacres is to arm the student body. In a field of ridiculous options, the NRA wins by default: what we must do is give guns to our students, and pray that they can keep the inevitable lunatics in check. The question of the soundness of this reasoning is left open as an exercise for the reader. M



BRENDAN MUSH/REUTERS

The obvious reply is it's impossible. Fine. Then let's aim for something more plausible.

ON THE WEB. For more Andrew Potter visit his blog at **www.macleans.ca/andrewpotter**

Because cancer never sleeps,
thousands of otherwise sane
and reasonable people
will stay up all night to walk a track.
We will cheer for cancer survivors.
We will remember the ones we've lost.
We'll gather in teams to have fun and be silly
for the most serious of reasons.
We'll share stories of unbelievable hardship
and unexpected hope
as we walk through the night.
We will do this to raise money
to fight a terrible disease.
By the time morning comes,
cancer will still exist.
But we will be many steps closer
to a world where it doesn't.
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Canadian Cancer Society
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○	○	Do you have cough with mucous that doesn't go away?
○	○	Do you get a lot of chest infections?
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Afghanistan's cultural warrior

Museum director Omara Khan Masoudi fights to save his country's past

BY ADNAN R KHAN • If there's one thing that is in no short supply in Afghanistan these days it's ethnic hatred. The Pashtuns hate the Hazara, the Hazara envy the Tajiks, the Tajik are no friends of Turkomans. Such rivalries have fractured the government, prolonging the war against the Taliban (ethnic Pashtuns) and prompting warlords to keep their mini armies intact—just in case. It is against that backdrop that NATO and development agencies from around the world fight to help Afghans build a better future. But there's another battle being waged: an attempt to nurture a sense of Afghan unity by saving what is left of the country's rich cultural heritage.

It's a hard job in a place where the vestiges of the past have suffered years of abuse at the hands of thieves, religious zealots and plain neglect. The man leading the charge, Omara Khan Masoudi, general director of the National Museum of Afghanistan in Kabul, knows that all too well—he's been a quiet witness to his country's cultural dismemberment for the past 2½ decades. During the dark years of the 1990s civil war, Masoudi's beloved museum was at the front lines of factional violence, almost completely destroyed in fighting that tore not only Kabul to shreds, but also any sense of national unity developed over the struggle to end the Soviet occupation that preceded it.

Situated in a strategic position, the National Museum became a prized possession of warring factions, its storage rooms used as arms depots, the building brutalized by bombs and rockets. "There was a period of two years where nobody from the museum staff could even go to see what had happened to it," says Masoudi. "I would listen to the BBC to find out what was going on, which faction was occupying it and what they claimed they were doing to preserve the artifacts." Not much, as it turned out: 70 per cent of the treasures—priceless Bactrian coins, Buddhist sculptures, Hindu marble statuary, carved Kushan ivory—have disappeared. Other delicate pieces were either smashed to pieces by Taliban zealots or succumbed to the war as the museum's ceilings and walls collapsed.

The pain of those losses remains fresh. "I remember the first time I came to the museum after being away for two years," Masoudi says. "You can't imagine the level of destruction. There used to be a glass case housing ancient Greco-Bactrian ceramics in a back room. When I arrived, I noticed a rocket had landed in front of the museum. The force hurled a boulder right through the walls, and into the back where I found it embedded in the display case. The ceramics were all destroyed."

Masoudi's museum is now almost rebuilt. But putting some of its pieces back together is a painstaking task. With a skeleton staff, he has managed to reconstruct 200 Buddhist-era statues destroyed by the Taliban. But thousands of other shards still cover the restoration department, waiting to be reconstituted—work that will go on for years.

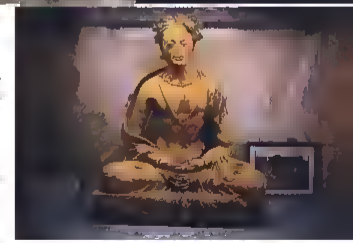
Masoudi received a rejuvenating burst of energy recently with the arrival of a shipment of artifacts from the Afghanistan Museum in Exile in Bubendorf, Switzerland, a collection of more than 1,400 pieces. That reinvigorated his passion to see his museum fully restored. "A nation cannot survive without knowing its past," he says. "Watching the museum rise out of rubble is like watching a loved one regain consciousness after a long coma."

The rebirth of the museum is, in some ways, a rebuttal to the Taliban—and their mujahedeen and Soviet predecessors. Despite their destructive efforts, Afghanistan's past, a rich mosaic of identities, survives. The museum's director sees that as a rallying point, an antidote to the poisonous mistrust between different ethnic groups, and a remedy to the fractured state of Afghanistan's national identity. "My hope is that when we have peace," says Masoudi, "we can begin to uncover our past. Then we can combine our past with our present to create a unified future." Without unity, he says, the efforts of NATO and aid agencies like CIDA will be in vain. His war may, in the end, be the most important of all. M





MASOUDI witnessed how too much of Afghanistan's heritage was destroyed by war, the Taliban, or neglect



ADNAN R KHAN



HIS FRANK comments about misleading voters brought calls for Gyurcsany's resignation

COMING CLEAN HAS ITS COSTS

After admitting to lying to voters, Hungary's leader soldiers on

BY ANNA PORTER • For a man who is reportedly the focal point of a major political crisis, the prime minister of Hungary seems remarkably relaxed. He walks jauntily into his study despite a slight limp—he injured his leg jogging—and with the smile of a man who fully inhabits this ancient, wood-panelled room in the largest Gothic parliament building in Europe, and has no plans for leaving it despite the opposition's persistent clamouring. Ferenc Gyurcsany is just 45 years old and the leader of the Hungarian Socialist Party, which swept into office for a second term in the April 2006 elections. Shortly after, Gyurcsany called a meeting of his MPs and informed them that his party's past record was deplorable, the economy was in shambles, spending was out of control, major reforms were needed if Hungary hoped to be a productive member of the EU—and that party members must stop misleading their countrymen. What they had been doing throughout the elections "day and night," Gyurcsany told them, was lying to the electorate.

Last September, a member of Gyurcsany's own party helpfully leaked a recording of this speech to the country's chief radio station. After a stunned public reaction, the opposition launched themselves at the government, demanding the prime minister's resignation and a new election. He didn't resign. Instead, he proceeded with promised reforms, starting with education and health—the two most costly and contentious issues facing most governments today.

Gyurcsany introduced fees for higher education, a decision that was hard, he says, but inevitable—universal free education at the expense of the whole society is unfair and unaffordable. Bright kids whose parents can't afford the newly introduced fees can, he says, apply for refunds—a form of scholarship intended to reward the brightest and the poorest. The prime minister himself was one of the poorest of the poor. "We lived in one room," Gyurcsany says. "At night my parents had the couch, I slept next to them." Yet he has become one of the wealthiest men in Hungary—a fact that helped send all his young relatives to private schools, but one that also added to the atmosphere of mistrust that has grown around him over the past few years.

Gyurcsany makes no secret of the fact that he was once a leader in the youth wing of the Communist party. "My success in business has its own critics," he explains. "There was a change of regime [in 1989 the Communist government's one-party rule was replaced by democratic elections], there were privatizations, and they ask whether I succeeded because of my party connections." He shrugs off the innuendo. He has proven his talents for making money: he started at the bottom, and worked his way to the top, eight years of hard slogging that resulted in his own holding company, Altus. But that success did not satisfy him. "I spent more time worrying about my country than about my business." So he quit and ran for the Socialist party. "Now I belong among the very few fortunate enough to be engaged by the work I love. All the time I think about how to make this country work better. We, Hungarians, blame everybody for our problems." But Hungarians must, he says, take hold of their own fate. "I believe we can decide what kind of country we want, and create it."

The kind of country he wants straddles easily between the Russian East and the European and American West, and between capitalism and what he calls fair democracy. His admiration for Britain's Tony Blair is well known, because Blair has managed to convince the left that a market-driven economy is workable. Gyurcsany intends to do business with whomever offers the best deals—"you don't have to love capitalism to benefit from it"—and claims you can be friends with Europe without deriding Russia. Few of his predecessors in this corner of Europe man



SPAIN: BUGGY NUNS AND MISSING ICONS

Where did the priceless religious icons go? When Carmelite nuns left a termite-infested nunnery six months ago, citizens of Grajal de Campos, Spain, were shocked to learn three icons were missing. They've been used in Good Friday processions for 500 years—but this year couldn't be found. Suspicions have been growing that the nuns may have taken them. Residents protested outside the nuns' new digs, shouting, "Trust termites more than Carmelites."

PHOTOGRAPH BY ANNA PORTER



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age to do this, but Gyurcsany claims he is up for the task. So long as it's fair trade, and Russians keep buying Hungarian products.

Gyurcsany says the only way to solve Hungary's health costs crisis (in theory, the country has universal health care) is to change to a system where patients pay a percentage of their medical costs and the culture of bribery is eliminated, as are the government's refunds to hospitals based on how long a patient spends in bed. He has already reduced the number of hospital beds by 25 per cent and closed three hospitals—society, he says, simply can't afford to provide the inefficient system of too many beds for too few patients. "The reduced average will be closer to what the rest of Europe does," Gyurcsany says.

GYURCSANY SAYS OF HIS INFAMOUS SPEECH HE WANTED TO LIGHT A FIRE UNDER HIS COLLEAGUES



BELA SZANDELSZKY/AP, CP, AFP

A RIOTOUS reply to government candour

Gyurcsany may be the only PM in the world with his own blog, where his countrymen can find out not only what his thinking is on serious issues, but also how he drives his kids to school and how he injured his leg running. As for that speech to his colleagues about lying, posted on his blog, the prime minister explained (again) that he had been attempting to light a fire under his colleagues, wake them from their sense of comfort and post election euphoria. He woke up more than that: Hungarians built barricades and rioted in the streets last October and again a few weeks ago. Anti-Semites emerged to blame Jews for the country's ills. But the demonstrations and violence may have brought out more sympathy for the government.

Some Hungarians say that Gyurcsany's enemies within the Socialist group are as fiercely, though secretly, opposed to him and his capitalism-inspired policies as the opposition. And in the wake of the cabinet speech scandal, many Hungarians remain cool to him: recent polls show that only 22 per cent give Gyurcsany a good approval rating. But the prime minister seems up for the political fights that lie ahead. M

Happiness is not a socialist monopoly

BY KEN MACQUEEN • The science of happiness is a bit of a joke, says a study by the Cato Institute, an American think tank promoting individual liberty, limited government and free markets. A paper published this month by Cato policy analyst Will Wilkinson concludes that the field of happiness research is crawling with lefty academics who promote the European-style welfare state and a more equitable distribution of income as the key to a happy populace. Happiness, in his libertarian view, may not be a commie plot, but it has socialist tendencies.

Wilkinson's paper, "In Pursuit of Happiness Research: Is it Reliable? What Does It Imply for Policy?" comes to the sad conclusion that the scientific field is "hampered by confusion and disagreement about the definition of its subject." There's also the problems of measuring happiness, "which, in any case, is not a simple empirical phenomenon but a cultural and historical moving target." Wilkinson's analysis shows that American economic freedom has as strong a link with happiness as any social democratic model. "There is almost no evidence in the happiness literature to support the idea that Americans would be better off with either lower levels of income inequity or a policy of more generous welfare transfers," he says.

Happiness, after all, is a founding American principle, he notes. The Declaration of Independence included "the pursuit of happiness" among such inalienable rights as equality, life and liberty. The pursuit has been so economically successful that, rather like a dog chasing a bus, the challenge is what to do once it's been caught. Americans, he suggests, are happier than they think. "Our culture has not yet caught up to the new happier world of science and compound interest, and we do not yet see how our inherited visions of the good life fit into it."



CAPITALISM IS just as happy-making as welfare states

The notion that technocrats can fix that through policy is no laughing matter. If happiness research has any value, it's in advising how to live wisely, agreeably and well, he says. "This is insight we all badly need, and it is not the government's to give." M

Cleaning up logging's legal jungle

BY DAFNA IZENBERG • Beer, soap and a few bags of sugar. A Greenpeace report released last week revealed that Western logging companies often give tribal chiefs little more than a package of such staples in exchange for access to the rainforests of the Democratic Republic of Congo and its precious hardwood (a single tree can fetch $9,000). What they offer in exchange for a government official in Kinshasa to sign over title, in violation of a 2002 moratorium on such contracts, is likely much dearer.



CALLS for the World Bank to help nullify Congolese logging deals

In "Carving Up the Congo," Greenpeace comes down on the World Bank for not adequately holding Congolese officials to account in the protection of the rainforests, on which 40 million people depend for survival. Pointing to the 107 new logging contracts, covering more than 15 million hectares of forest, approved by the Democratic Republic of Congo between 2002 and 2005, the Greenpeace report argues that "the World Bank's attempts to reform the forestry sector are currently failing."

The bank counters by pointing to 25.5 million hectares' worth of contracts cancelled since the moratorium, and says it expects a review of all existing contracts currently under way to root out illegal titles. The bank's Giuseppe Topa says a corrupt forestry minister during the shaky days of the DRC's transitional government was largely responsible for bad contracts. But Greenpeace's Filipe Verbelen has little patience for this argument. "Of course he was corrupt," Verbelen says. "The bank knows if they want to reform the mining or forest sector, they have to operate in a completely corrupt environment." Greenpeace says logging companies are already preparing for court, and wants the World Bank to equip the DRC with enough legal support to follow through with nullifying illegal contracts. M



How one supplier caused a huge crisis, and why it's just the tip of the iceberg

THE GREAT PET FOOD SCANDAL

BY CHARLIE GILLIS AND ANNE KINGSTON



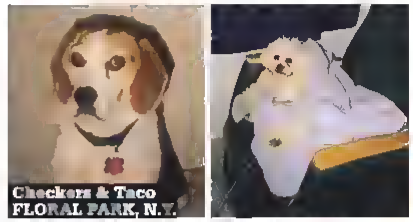
DAVID GOLDMAN/BOSTON HERALD/AP, REED SAXON/AP

Sometime in the next couple of years, when the public gaze has drifted from the tainted pet food epidemic and we've all forgotten what melamine is, a judge in Ohio or California or Ontario will take up the daunting question of what a dog or cat is worth. There was considerable legal debate on this topic even before the current uproar. But if an animal's curative effect on the human heart plays any part in the calculation, the courts might start at a small house in Floral Park, N.Y., where the wounds wrought by the poisoning epidemic will stay raw for a long time to come.

It was here in the Long Island suburbs that Donna Opallo and a couple of relatives brought home Checkers, a chocolate-eyed beagle puppy, three years ago, figuring she might lend solace to Opallo's grief stricken sister, Debbie DiGregorio. The previous week, DiGregorio's 16-year-old son, Louis, had died suddenly of a brain aneurysm. Frantic for ways to help, the family took a flyer on the dog, and their instincts proved correct. "That dog filled a very big void in her life," says Opallo, 47, who lives with her 45-year-old sister. As the months passed, it became clear that Checkers possessed healing powers no psychiatrist, friend or relative could equal.

Then, in mid-February, the family was thrown back into crisis. Checkers began vomiting incessantly and defecating blood, sending the sisters on a series of futile visits to a local veterinarian. Test after test proved inconclusive, and only after Mississauga, Ont.-based Menu Foods issued its first recall of contaminated food on March 16 did the penny finally drop. Both Checkers and Opallo's own dog, an 11-month-old Bichon-Shih Tzu cross named Taco, had been eating food from foil pouches sold under the Nutro brand name, one of the products on Menu's list. Checkers survived the initial illness, but her gruesome symptoms persisted. Today her vets can't say whether she'll survive. Taco, who hadn't showed any outward signs of trouble, turned out to be in near-total renal failure. He spent more than a week in an animal hospital in nearby Westbury, with an intravenous line attached to his leg and his owner by his side. "Three quarters of his kidneys are destroyed, and I don't know what his life expectancy will be," says Opallo. "It's like there's a little ticking time bomb inside of him."

The plight of Checkers and Taco is by no means unique. It is believed some 40,000 pets who ate Menu Foods products made with melamine-laced wheat gluten have been sickened in the U.S. and Canada. While mortality estimates vary, a recent survey by the Davis, Calif.-based Veterinary Network estimated the death toll in the U.S. in the thousands. But it does give some sense of the debacle's reach—as well as its ruinous effect on each family it touched. Quite apart from the collective US$6,200 in vet bills Opallo and DiGregorio have paid out of their line of credit, or the thousands more they're willing to spend, they quake knowing they might lose one or both of their beloved animals. "I don't think I could ever buy another dog," says Opallo. "I'm basically in denial."



CHECKERS (left) was given to DiGregorio after her son died. Taco (right) is her sister's dog. Both are seriously ill.

The scope of the tragedy—emotional and financial—continues to widen. The recall has been expanded four times in the last four weeks, with 889 separate items under 100 different brand names yanked off the market. The company's explanations raise more questions than answers, and there's been predictable talk of reform at the government level. In Canada, talks between pet food makers, vets and a variety of federal agencies have already begun, with a view to imposing rules on an unregulated industry. In the U.S., members of the Senate's agriculture appropriations subcommittee have held hearings into the Food and Drug Administration's handling of the crisis, while the FDA itself continues to investigate the cause of the contamination.

But the economic model that led to the poisoning shows little sign of change. Even in the throes of a PR nightmare, the big grocery chains continue to support Menu, a production behemoth with whom they share a mutual dependency. Loblaw Companies, for one, which sells Menu products under its President's Choice and No Name brands, has no plans to switch suppliers. "They've been a valued partner," says spokeswoman Eliza-beth Margles. "We do have confidence about them at this point."

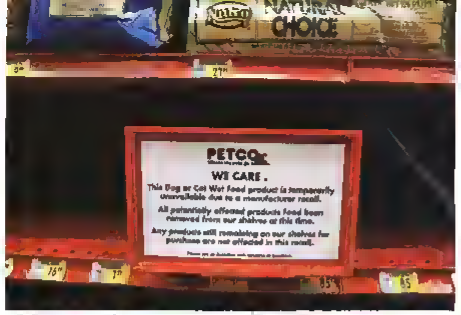
LOBLAW MAY remain unshaken, but for the average dog or cat owner the entire affair has been a faith testing experience. Little did pet owners know that, whether they were buying a budget supermarket brand or splurging on top-of-the-line fare at a specialty pet store or from a veterinarian, the food was being produced at the same factory and even shared some of the same ingredients. How could they? Menu Foods' name appeared nowhere on the label. The company existed as an invisible cog in the food chain, churning out most of North America's most popular wet food in cans and foil pouches to its customers' blue-chip specifications—Science Diet for Colgate Palmolive, Iams for Procter & Gamble, Whiskas for Purina. It also manufactured an estimated 75 per cent of private label brands in Canada, including Wal-Mart's, Sobey's and Pet Valu's. In the United States, where its customers include PetSmart, Safeway and Wal-Mart, Menu supplies between 40 per cent and 50 per cent of wet pet food.

The story of how a tiny, shoestring operation in Toronto's western suburbs came to dominate its industry reflects the seismic shifts in the manufacturing food chain over the past three decades. Increasing power wielded by the margin-obsessed, cutthroat supermarket industry has forced manufacturers to source cheaper ingredients globally. Those forces have favoured faceless giants—players capable of supplying myriad products demanded by retailers, retooling and remixing recipes as the orders came in. But as the Menu case demonstrates, the system also ensures a continent-wide catastrophe

when something goes wrong Marion Nestle, a professor in the department of nutrition, food studies and public health at New York University, doesn't see the Menu tragedy as an aberration Rather she calls it "the tip of the iceberg"

Suffice to say, no such spectre troubled Robert Bras, the sharp young supermarket executive who bought into Menu Foods in the late 1970s and turned the plodding company into a trail blazer At the time, Bras was working for Loblaw Companies, a firm in the midst of its own astounding turnaround from down at the heels grocery chain Central to its recovery strategy was a private label program that would rival the big national brands in quality and sales Without the advertising and distribution costs that inflated the prices of national labels, executives reasoned, a supermarket could sell its own brand—often made at national brands' factories—at a lower cost for a higher margin Pet food was a critical part of the scheme It is a high frequency purchase that brings people into the store Desirable proprietary brands presented a way to cultivate customer loyalty Sensing untapped opportunity, Bras left Loblaw in 1977 and bought a 50 per cent stake in Menu, a manufacturing generalist that made everything from bargain basement pet food to bleach

Bras quickly stripped away extraneous product lines and purchased a factory in New Jersey with an eye to expanding into the U S But his big break came in 1979, with a contract to produce Loblaw's "no name" canned pet food The first offering, a No Name Luxury meat mix, claimed to match



WE'RE ALL OUT: A Miami store explains why it has no pet food

they came to be called Nowhere was this more apparent than at the pet bowl When canned dog food was introduced in 1922 there was no pretense of nutritional benefits, the only benefactors were meat packers who seized on a profitable way of disposing of surplus offal and horse meat. By the 1980s, however, pets' diets were mirroring their owners' own peccadillos, food phobias and culinary dispositions, be they kosher, hypoallergenic, vegetarian or low-fat.

"We have anthropomorphized our pets," says Kelly Caldwell, editor of *Dogs in Canada* "You want to feel you're giving your dog the best possible food It's a way to show we care that we're not scrimping, that they're valuable" Caldwell buys only "organic" feed for her purebreds because that's what she eats "I've bought into the packaging and promises," she says. Nutrition tops the concern of *Dogs in Canada* readers, she says Bras understood the business was "counter economic" Pet food wasn't sold on price alone, if your dog or cat isn't going to eat it, you're not going to buy it And if people believed they'd improve the health or extend life of their pet, they'd spend more on higher priced premium labels

Menu's expansion in the United States was ramped up in the 1990s when Cott Corporation, a Toronto-based manufacturer of private-label soft drinks with grand plans for global domination, bought the remaining 50 per cent stake in the company Wal-Mart and Safeway were added to Menu's customer roster The company also benefited from the fact that national brands, under assault from retailer labels, were increasingly outsourcing their manufacturing so they could focus on "managing the brand" It was an ironic twist managing the brand became synonymous with distancing itself from the grimy business of production

Menu, meanwhile, invested heavily in a U S infrastructure. A state-of-the-art factory was built in Emporia, Kan. In 2001, Menu bought the wet food operations of Doane Pet Care for US$15 million The following year, the company went public on the Toronto Stock Exchange as an income trust, a structure that avoids most corporate taxation because most of the company's income is paid directly to its unit holders If there's a discernible turning point in the company's history, however, it is 2002, when Bras died of cancer He was replaced by Paul Henderson, a former chief operating officer at Cott In 2003, Menu assumed US$85 million in new debt to purchase a Procter & Gamble plant in North Sioux City, S D With that purchase came a five-year supply agreement to be the exclusive supplier of Iams and Eukanuba wet foods, which now account for about 11 per cent of Menu's sales



CUSTOMERS WERE HORRIFIED TO LEARN THE SAME INGREDIENTS GO INTO LUXURY BRANDS

But even as Menu's business grew exponentially, its margins were reportedly under constant pressure It was rumoured within the industry that Wal-Mart and Loblaw, eager to maintain their own margins in a competitive pricing environment, kept a lid on prices that squeezed Menu's profits. Specifically, Menu was expected to deliver expensively made foil packs—now at the centre of the contamination controversy—at the same price as cans "They definitely had to eat margins to a point they weren't making any money selling to Wal-Mart," says an industry insider who explains Menu couldn't afford to lose the contracts because they provided credibility with potential customers Loblaw says there was no freeze on prices. "We always try to keep prices down but didn't say you couldn't raise prices," Margles says "We always try to keep costs down for our customers We have to remain competitive."

At the end of 2005, Menu reported a loss of $54 6 million and suspended payments to its unit holders, blaming the decline in the value of the U S dollar. The next year Menu returned to profitability, yet its cash distributions remain suspended. By early 2007, with a revived Canadian dollar and new price increases, prospects appeared on the upswing Improved cash flow was being used to pay down debt and industry analysts were expecting it to resume distributions to unit holders

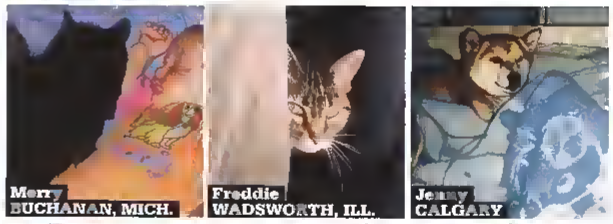

SOME MISTRUST the whole industry, but still have to feed their pets

IF THE ENGINES of Menu's success were humming again, they cut out abruptly on March 16, 2007 The recall notice the company issued that morning downplayed the implications, describing the removal of 60 million units from the market as "precautionary" and omitting all reference to any potential contaminant Within days, however, the FDA was asking awkward questions about wheat gluten shipped from China, and pet owners were starting to exchange horror stories on the Internet

What the company did next will surely go down as a case study in how not to manage a crisis Far from tackling the matter head on—by, say, quickly withdrawing all products made with suspect material—it left items on the shelves for what by human food-safety standards seemed an eternity. On March 24, eight days after its original notice, Menu expanded its recall to include all varieties of its wet pet food, a rearguard action that encompassed those household names it had so assiduously cultivated, from Iams to Wal-Mart's house brand Ol'Roy Two more recalls would follow, the first on April 5 for all Menu products made with the suspect wheat gluten, including dry food, the next on April 10, when Menu pulled products made at its plant in Mississauga (previous recalls affected product made at the Kansas plant)

At the centre of all of this was an ingredient few North Americans had heard of before the crisis Wheat gluten—essentially, destarched flour dough—is used in pet food to bind and add texture. Menu had previously been buying it from U S sources, but had switched last November to an obscure Chinese manufacturer called XuZhou Anying Biologic Technology Development Co

IN MENU'S TASTE TESTS, SOME ANIMALS DIED. IT STILL TOOK DAYS TO ISSUE A RECALL.



Menu cited a gluten shortage in North America for the change, but a cynic would point to other potential motivations. In 2006, wheat gluten from China sold for about 20 cents per pound less than that made by U S competitors.

Whatever the savings Menu realized, however, could not possibly have been worth what followed By Feb 22, according to timelines provided by the company, Menu was receiving warnings from consumers that its food was sickening pets On Feb 27, routine taste tests of its own products resulted in the deaths of at least two and, by some accounts, as many as 10 animals Still, it took Menu until March 8 to notify ChemNutra, the Las Vegas-based distributer of the Chinese product, that it was investigating the possibility the gluten was causing illness The recall, however, wouldn't come for another eight days

The contempt implicit in this tardiness infuriates pet owners. Jody Tomlinson of Coquitlam, B C , lost his job as a warehouse supervisor after spending hours on the phone last winter researching the mysterious kidney ailment that eventually claimed the life of his two-year old mastiff, Binky The idea that Menu may have sat on vital information leaves the 38 year-old fuming, and calling for government regulation "Greed started this," he says, "not common sense" Lance Ganske, a Calgary sheet-metal worker who lost Blackie, one of several pet cats, now distrusts the entire industry "When I buy something, I don't know whether it's going to be good or not," he says, "and I still have to feed my animals"

Menu officials haven't helped matters, allowing their phones to ring unanswered for hours at a time, according to angry consumers, and providing confusing explanations for what went wrong (In one interview, vice president Randall Copeland blamed part of the contamination on a "clerical error" that saw the wheat gluten bags receive false U S labelling, photos supplied by the product's U.S. distributor clearly show the words "Made in China" printed directly on the bags) In an email to *Maclean's* last week, Menu CEO Paul Henderson disputed suggestions that the company dragged its feet. While Menu did receive reports of cat illnesses on Feb 22 and 28, he said, "the vets who attended these cats informed Menu that they each had access to various contaminants and could have gotten into something they should not have, such as antifreeze" A third call reporting a cat death came in on March 5, Henderson said, and while Menu did not receive veterinary information about the third case, the consumer did send in the unused food. "We tested the food, but the testing did not reveal anything wrong with it," he wrote

The irony in all of this is that Menu was blindsided as well—the company just can't seem to communicate it In the end, lab tests performed in late March on the Chinese gluten identified the likely cause of the poisonings as melamine, a plastic by-product that is entirely foreign to the production of wheat gluten—or, for that matter, pet food "It's unheard of," says Steve Pickman, a vice president at Atchison, Kan.-based MPG Ingredients Inc , which makes wheat gluten

JOE RAEDLE/GETTY

JOE RAEDLE/GETTY

for human and pet consumption "You'd never think to test for it"

Indeed, reports out of Washington last week said the FDA was investigating the possibility that workers at the XuZhou Anying factory tainted their product deliberately—that they were using the substance to amp up the apparent nutrient value of their product Melamine, it turns out, mimics protein when mixed into wheat gluten, creating the illusion that the substance is packed with value Whether the supposed saboteurs knew it was fatal to animals is one question How you guard against miscreants half a world away is quite another.



THE ONTARIO head office of the firm that became an industry giant

DESPITE WHAT seems to be an unsurmountable crisis, analysts remain optimistic about Menu's future Aleem Israel, an analyst at Cormack Securities in Toronto, currently rates Menu Foods Income Fund a "buy," not

OUR FOOD SYSTEM ENSURES A GLOBAL CATASTROPHE WHEN THINGS GO WRONG

ing that its status as the primary supplier of wet pet food, as well as the only source of foil pack pet food, ensures its survival And while most of its customers aren't locked into long term supply contracts, no other manufacturer has the economies of scale that can provide the same profits

That retailers have an economic stake in maintaining the status quo also works to Menu's advantage No grocery giant is standing by the company more staunchly than the one that helped create it "To say [the contamination] is extremely unfortunate is an understatement," says Margles, the Loblaw Companies' spokeswoman "People feel very strongly about their pets and we feel very strongly about product integrity Still, they've been a valued partner and we have a very detailed recall process here and we are keeping on top of it, as we're sure they are with any products they're manufacturing."

Margles, like others, blames the tainted raw material, not the manufacturer, for the catastrophe "It does seem to be linked to the wheat gluten in China," she says Such a rationale doesn't reassure nutritionist Marion Nestle, who compares the Menu case to last summer's E coli outbreak in the continental spinach supply "What this has exposed about globalization issues is just breathtaking," she says "No one knew this kind of thing People knew that spinach was centralized because of what happened over the summer But the idea that one ingredient from China could go into 100 brands of pet food is something no one had any idea about"

Nestle, currently writing a book about pet food, believes the recall should make customers question the price differentials in the pet food market "The disclosure is particularly striking for people who were paying a lot of money for Iams or one of those expensive brands," she says. "The idea that the same ingredients are going into cheap brands as expensive brands disturbs pet owners to no end It's not that the formulas are the same but that they're using the same ingredients."

It certainly upsets Benjamin DeLong, 33, and his wife Jennifer, 32, a Wadsworth, Ill., couple who believed they were doing their cats Freddie and Rita a favour when they upgraded from no-name brands to Iams' "Tuna and Sauce" and "Salmon and Sauce" in foil packs. They now blame the products for Freddie's death and Rita's illness, and have joined a class action lawsuit launched in Chicago. "We thought, let's spend a little more on our pets, get them a little better food and maybe they'll last a little longer," Benjamin DeLong says ruefully.

DeLong was particularly incensed by a full page newspaper ad taken out shortly after the first recall announcement by Iams-Eukenuba, asking pet owners to keep buying product that was made in its "own" factories in the U S , and not by Menu Foods "Hey, you know what, I thought I was buying Iams," he says "Obviously there was not enough oversight and management responsibility for somebody over at Menu Foods to stop this from happening So not only do I hold Menu Foods responsible, but Iams as well."

The tragedy has also laid bare the lack of pet food regulation in Canada. The U S , United Kingdom and European Union all have government agencies that monitor pet food for safety Though the Department of Consumer and Corporate affairs oversees labelling claims, the Canadian industry is left to police itself The Pet Food Association of Canada, comprised of manufacturers, has imposed a voluntary nutritional assurance program, while the Canadian Veterinary Medical Association runs a voluntary standards program that certifies only about two per cent of Canadian-produced pet food Without systematic oversight, however, it's impossible to know whether the tainted pet food still sits on store shelves in Canada Last week, the Food and Drug Administration said a random check of 400 retail outlets across the U S. found some still stocking previously recalled dog and cat food, consumers north of the border have access to no such information

HOW, THEN, to respond? Who is to blame when poison makes it into an ingredient made by a foreign supplier for a U S. distributor, who in turn sells to a Canadian processor who supplies retail outlets for pets across North America? How do you stop it from happening again?

At least part of the fallout will take the form of legal retribution Within days of the first recall, class action lawyers assumed their customary circling pattern, in some cases posting sign-up sheets on their firm websites for potential clients Frank Jablonski, an attorney from Madison, Wis., says he's received 3,000 inquiries, nearly half from people whose pets have died "The stories are devastating," he says. "You end up spending a lot of time on each one of them because essentially you're consoling the person" Jay Strosberg, a class-action lawyer based in Windsor, Ont., who has filed suit against Menu, says he's received more than 100 calls from people whose pets were sick or had died. The company says it faces more than 50 suits in the U.S.

These actions are primarily aimed at recouping vet bills But it's a measure of how widely the case has resonated that some owners hope to break new legal ground by winning awards for emotional distress. "There's no way you can tell me that emotion doesn't factor into this," says DeLong from Illinois While courts on both sides of the border have resisted such findings, preferring to treat pets as property rather than family, both Illinois and Tennessee have legislation allowing damages for emotional loss. And in a precedent-setting decision last year, a Superior Court judge in Ontario awarded $1,417 12 to an owner whose dog was let out of a boarding facility and died The ruling was significant because the judge specifically stated that pets should not be considered "owner's chattel so as to preclude damages for pain and suffering"

The Canadian government, meanwhile, is reconsidering its hands-off approach to pet food safety. Bill Hewett, the executive director of policy and planning for the Canadian Food Inspection Agency, says the Menu case highlights the importance of pets in modern households, and has prompted his branch to reassess its options, including all out regulation of the industry. The review comes after meetings with the Canadian Veterinary Medical Association, which warned that the absence of rules and standards could expose humans to risk, as well as pets "What if this had been

MENU'S MARGINS WERE UNDER PRESSURE FROM THE PRICE-SENSITIVE RETAIL CHAINS

something other than melamine, like a virus?" asks Dr. Paul Boutet, the association's president "Government needs to know these things, because a lot of things that affect pets affect people as well. Look how close these pets are to us now. They're sleeping in our beds You could probably find [homes] where pets are eating at the table"

Still, neither Boutet nor Hewett foresees a new era of risk-free pet food The vastness and complexity of the industry, they acknowledge, make it difficult to police effectively "We have everything from large, international competitive manufacturers to mom-and-pop, niche-type producers," says Hewett The Menu contamination, he adds pointedly, occurred despite FDA rules requiring pet food makers to ensure the safety of their products, demonstrating the "opportunity for failure" even in the context of government regulation

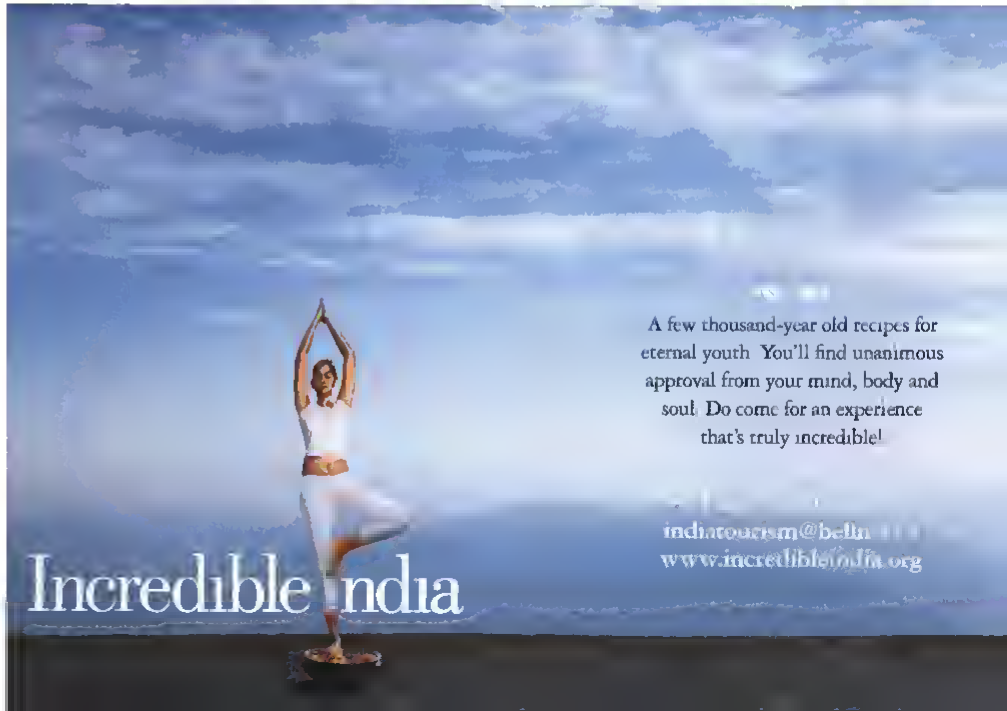
Under the circumstances, pet owners—even those who escaped this particular crisis—have little reason to feel confident Barring a complete restructuring of the economics of food manufacturing—or a regulatory regime that would see Canadian inspectors combing through factories in China—the question is not how this contamination happened, or how it might have been handled better, but when the next crisis will strike Henderson, Menu's CEO, reassures customers that melamine testing will become standard operating procedure for his beleaguered firm But the broader sentiment in the industry is best summed up in his prediction of Menu's immediate future: "It will be a return to business as usual" M

With Nicholas Köhler, Nancy Macdonald and Barbara Righton

EMPLOYEE OF THE WEEK

GARDENERS HAVE RARE OPPORTUNITY TO TIDY UP

Trust the municipal gardeners of Melmesbury, England, to be assiduous. When they found an unkempt-looking town picnic site recently they mowed it clean. It was only after their tidying that they learned the field had been planted by volunteers with rare "snake's head fritillary" bulbs, a flower rarely seen in the wild in Britain. The volunteers had spent seven months tending them. Says deputy mayor John Lewton: "I am incandescent with rage"



SIMON HAYTER/GETTY

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Investing in the glut of billionaires



LUXURY brands are set to cash in on the explosion of wealthy shoppers

KEITH BEDFORD/REUTERS; JP MOCZULSKI/REUTERS; DIMA GAVRYSH/AP

BY JASON GIGGEY • The rich aren't like you and me; their shopping lists are longer, more exclusive and have way more digits. But to the analysts at UBS Investment Research, they present a wealth of promising stock ideas for investors hoping to cash in on the billionaire boom.

In a pair of "Bling" reports released last week, UBS looks at the shopping habits of the rich in Europe, America and elsewhere. They're a flourishing lot. In 2005, there were 8.7 million high-net-worth individuals in the world, spending a US$33.3 trillion fortune, and growing. And over the last year, the number of billionaires worldwide has soared 19 per cent to 946, with many of the nouveau riche coming from Russia, China and India.

The rich, for instance, don't slum it when travelling. They buy private jets, made by the likes of General Dynamics, BBA Aviation and Textron. While soaring above the clouds, they might pour something from Diageo or Pernod Ricard's premium liquor cabinets. And between sips, they'll call up their private bankers who work at Zurich's EFG International. Nor, UBS figures, will the rich stand for stained teeth. Nobel Biocare of Sweden offers dental implants for that perfect smile, at just US$2,000 per tooth.

In Russia, they're going gaga for Geneva-based Givaudan, a maker of flavours and fragrances for luxury cosmetics and personal items. And wherever they are, no self-respecting gazillionaire would be caught dead with anything less than a Louis Vuitton handbag (the real thing, of course) from LVMH, Gucci sandals made by PPR, and jewellery from Bulgari—all stocks that UBS thinks could bring a sparkle to a drab portfolio.

Buying stocks based on how the wealthy shop isn't nearly as much fun as actually *being* rich, but it's better than nothing. M

Living on borrowed stocks

BY JASON GIGGEY • Woah, déjà vu. Last week U.S. securities regulators warned that investors had taken on record levels of debt in order to buy stocks. The same alert went out seven years ago, just before the dot-com bubble burst and wiped out trillions of dollars in market value. And this time, Canadians are piling it on like never before, too.

In February, Canadian investors had borrowed $13.1 billion from brokerages to buy stocks, a practice known as buying on margin. That figure is nearly double the amount investors owed in October 2002, and is the highest amount recorded since the Investment Dealers Association, a self-regulatory body for the securities industry, started disclosing margin debt in April 2000.

Now, Canadian margin debt pales next to the US$321 billion that U.S. investors owed in February. And margin debt isn't inherently a bad thing. By leveraging to invest, investors can boost their returns. And low interest rates make borrowing to invest even more appealing.

But if markets head south, and the value of a portfolio falls below a certain amount, brokers can put the squeeze on investors—issuing "margin calls" and forcing the sale of shares to cover loans. "We are concerned too many investors are unaware they could suffer substantial financial losses by using debt to purchase securities," said Mary Schapiro, the chairwoman and CEO of NASD, the U.S. securities watchdog which measures margin debt. The IDA has not issued a warning. "It is something we're watching," says Richard Corner, vice president of regulatory policy at the IDA. "We're not overly concerned at this point in time."



MARGIN debt has hit a record in Canada and the U.S.

To some on Bay Street, the high level of investor debt is yet another sign of the frothiness of stock markets in Canada and elsewhere. "High margin levels are often a signal that stocks are starting to get expensive," says Bill Holland, the CEO of Toronto-based CI Financial. "It's hard to be surprised when you look at the Canadian market and see all the very speculative stocks that are coming into play." M

Old toys are back from the doldrums

BY COLIN CAMPBELL • Keeping up with the times hasn't always been easy for Barbie, the iconic doll that first appeared in 1959. In recent years, Barbie's manufacturer, Mattel Inc., has struggled to fight off a slew of newer, more hi-tech toys. The most recent is MGA Entertainment's Bratz dolls—a trendier, more scantily dressed doll that's grabbed the attention of a generation obsessed more with the likes of Britney Spears than Barbie.



BARBIE is one of the venerable brands behind Mattel's return

Mattel's latest effort to breathe life into the franchise is the Barbie Girl, a next-generation doll due out next week that's also expected to be tied into an Internet marketing strategy. There's reason to be optimistic about the rebranding. Mattel, the world's largest toy maker, is experiencing a renaissance. Over the past year, Mattel stock has steadily risen to US$28 a share from about US$16, after spending half a decade in the doldrums. This success has little to do with new toys. Rather, Mattel has shown an uncanny ability to market its aging, venerable brands, like Fisher-Price and Hot Wheels. Many analysts expect Mattel can do the same with Barbie, a brand that's had a lot of "peaks and valleys," but which manages to stay culturally relevant, says Chris Byrne, an independent toy analyst.

Early this week, Mattel reported first-quarter sales were up 19 per cent, thanks largely to a 27 per cent jump in sales of favourites like Fisher-Price toys and double-digit growth in the sales of Hot Wheels and Matchbox toy cars. As for Barbie, Mattel reported that while sales in the U.S. were down 21 per cent, worldwide revenues were up about two per cent.

"Toys today are not just moulded pieces of plastic," says Byrne. "They have become legitimate brands—an experience a consumer has with products that have been proven over time." While flashier, battery-operated toys may continue to present a challenge for Mattel, the company has shown there's still a healthy appetite for cars and dolls—especially the kind today's parents no doubt remember from their childhoods. M

SOMEONE PLEASE WAKE UP THE JURY

Black's prosecutors' case looks remarkably like that bad CTV biopic



MARK STEYN

"I promise you a spectacular trial"—*Conrad Black, wide awake in a four in the morning email to hostile biographer Tom Bower, April 1, 2006*

"What are any of us doing here?"—*Conrad Black as bored as everyone else in the Everett Dirksen courthouse, April 16, 2007*

It's not the prospective jailbird's fault that the trial is not as spectacular as promised—and, of course, it's still early days. But we've been saying "It's still early days" since the early days, and it's not so early anymore. Presumably the government plan for the campaign was roughly as follows:

1) Use a clutch of peripheral figures—purchasers of Hollinger papers, minor execs, outside lawyers—to establish that a crime had been committed.

2) Bring on David Radler, Conrad's *consigliere* turned plea copper, to pin the crime on the defendants.

3) Usher in Jim Thompson, former governor of Illinois and the only household name in the jury room, to explain how he and the other celebrity directors of Hollinger had not been delinquent in their duty but were fine upstanding innocents duped by a cabal of wily Canadians who rode down from across the 49th parallel and ran rings around naive unworldly types like, er, Henry Kissinger.

Stages 2) and 3) are not without their own perils for the prosecution, but the fact is, after a month, Stage 1) seems to recede with each witness. Not only has the government failed to establish that a crime has been committed, it hasn't yet established what the crime is. "I'm not saying the prosecutors are incompetent," said Pat Tute, saying just that. "But they don't seem to have anything of substance to show criminal acts." Mr. Tute represents Jack Boultbee, Hollinger's former head money man, who, even more than Black, has maintained his innocence all along. Way back in November 2003, when Peter Atkinson was co-operating with the post-Black faction at Hollinger and Conrad was still pretending to, Boultbee told 'em, in essence, nuts to you guys, take a hike, losers, I ain't done nuthin', and made them fire him rather than hand any of the money back and admit the wrong doing such an act would imply.

With hindsight, the "Breeden Report"—compiled for the post-Black regime at Hollinger—was a work of genius, crafted to appeal to all the basest instincts. Richard Breeden, the former SEC chairman, had a much better eye than most Booker-nominated novelists for the telling detail—like Barbara Amiel's expensing of a $20 tip to the doorman at Bergdorf Goodman. As Breeden told it, the Blacks stiffed Hollinger shareholders for the cost of their "personal staff (including a chef, senior butler, butler, under butler, maids, housemen, security, chauffeurs, and others)." That's very nicely done: few drafters of bland reports on corporate wrongdoing would have thought to designate three separate ranks of butler. The fellows who shafted the Blacks understood their market very well.

That's what the crowd showed up for in those first days: under butlers and Bergdorf tips. If Breeden offered a rare example of a dense corporate fraud report as written by Jackie Collins, the government prosecutors seem to have taken their model from the CTV biopic *Shades Of Black*, which offered a Jackie Collins TV movie of the week rewritten as a dense corporate fraud report. The plot of the CTV film hinged on a super-duper top-secret memo that confirmed that Black "knew about the backdating of the non competes." Wow. It was a shapeless movie whose message, as I wrote here last year, boiled down to "Conrad Black is a very wicked man! But, after two hours, darned if we can tell you why."

That's pretty much where the government is at. Conrad Black is a very wicked man! But, after a month, darned if we can tell you why. It's not the non-competes: they're legal. It's not the tax-free non competes: they're legal. It's not the tax-free non competes to individuals: they're legal. It's not the lack of disclosure of the tax-free non competes to individuals. After yet more dark prosecutorial inferences about the "conspiracy," the defence counsel Michael Schachter summed up one particular SEC filing by saying, "It was sent to every single shareholder of Hollinger International and it was available for anyone in the world with a computer to see. But, apart from all those people, it was a secret?"



LARA FLYNN BOYLE, Albert Schultz in the CTV made-for-TV movie *Shades of Black*

CTV

The government objected, and the judge sustained the objection, but the court was too busy laughing to hear. If ever a prosecution could use Barbara Amiel bragging about her shoe collection, it's this one. We keep waiting for the other 12,000 shoes to drop, but they never do. Outside the presence of the jury, the cocksure lead prosecutor, Eric Sussman, refers to everything as "crimes," including the basic relationship between Hollinger International (New York) and Hollinger Inc. (Toronto), and the management fees paid by Hollinger International to Black's private company Ravelston, and no doubt the cost of all those butlers. But, underneath the bantam cock strutting, Sussman knows most of these "crimes" would be a tough sell to a jury. And what's left is thin gruel. The prosecution's position seems to be that some but not all of the non-competes were improper, and some but not all of the individual non competes were improper, and some but not all of the non-competes to Ravelston were improper, and some but not all of them were improperly disclosed or tardily authorized or vice versa. That would be a highly subtle case to tout in the best of circumstances. Even the vast sums of money no longer resonate with the jury—$9 million here, $15 million there, and pretty soon with six figures on the end of everything except the courthouse soda machine, it all sounds like chump change. And the one number that does stick in the mind—$3.5 billion from the Canadian sale to CanWest—is what Black and Co. netted for Hollinger shareholders. On a deal that big, the non-competes sound more like a very modest sales commission than a criminal conspiracy. And all the merriment at Conrad's orotund emails doesn't entirely distract from the dogs that didn't bark: given that the "conspirators" were scattered across a bunch of time zones from Vancouver to Chicago to Toronto to New York to London to Bora Bora, you would think there'd be a bit more of an incriminating paper trail zapped at odd hours from one computer to another.

True, there are a few nefarious emails proposing artful schemes to obscure the individual non-competes by designating Ravelston as a receiving agent, "completely false" assertions that everyone's agreed on the non-disclosure of the non competes, etc. Unfortunately for the prosecution, all these incriminating emails are not by Black or any of the other defendants but by a chap at the Canadian law firm Torys, who happens to be a government witness.

The lawyer in question, Darren Sukonick, was a prissy fastidious type. The *National Post*'s Theresa Tedesco likened him to Niles from *Frasier*. On the other hand, the *Globe and Mail*'s Margaret Wente thought he was a dreamboat. Maybe a life spent in an office manned by Jeffrey Simpson and Lawrence Martin will do that to you. There's no accounting for taste (which is pretty much the government's argument: when it came to the Blacks' expensive tastes, there was no accounting). But the sense of most observers is that Mr. Sukonick was a disaster for the government, especially given that he was testifying only by pre-recorded DVD from Toronto. Defence counsel demanded to know why he'd refused to come and appear before the court in Chicago. "I was," he said with as much dignity as he could muster after being put through the wringer for three days, "exercising my rights as a Canadian citizen." The jury regarded this line skeptically in an American courtroom filled with subjects of Her Majesty looking at a couple of centuries in the slammer between them, the concept of Canadian citizens having any rights to exercise is clearly a problematic one.

Mr. Schachter, lawyer for former Hollinger vice president Peter Atkinson, scoffed at Mr. Sukonick. "Isn't it," he said, "that you didn't want to be the next honest Canadian lawyer charged with a crime for something that's perfectly legal in Canada?"

"It is not my understanding," said Mr. Sukonick, with a pained expression, "that I am under any risk of being charged with a crime."

Maybe. Maybe not. But why take any chances by coming south of the border? We hear a lot about "state of mind" in this trial: this or that conversation is relevant because it goes to the defendant's state of mind. Mr. Sukonick's reluctance to set foot on U.S. soil likewise goes to his state of mind. To end a suit brought by the usurper regime at Hollinger, Torys repaid US$30 million—the largest settlement of its kind ever made by a Canadian law firm—and, though there was no admission of guilt, the deal called for Mr. Sukonick to make himself available to the federal prosecutors. He did, but clearly figures that even as Torys' designated fall guy he's got a better chance of landing on his feet in Toronto than in the bottomless abyss that awaits him in the U.S. attorney's jurisdiction. It's not about being "charged with a crime," but about the other pressures the system can bring to bear to improve one's co-operation.

Which brings us, inevitably, to David Radler, Hollinger's former second in command. The Ratler (as he's known) has been offered a sweet deal to deliver his lifelong business partner to the Feds: 29 months served in a Karla Homolka country club in B.C. vs. the 101 years Conrad's looking at on Cell Block No. 9 in the federal penitentiary. But here's the point: the deal is not yet signed and sealed, Radler will not be sentenced until after he's testified. So his testimony had better be good—i.e. bad for Black.

This is an unsavoury arrangement, and even more so when the government's case is growing thinner by the day. They turned Radler, they turned Torys, they turned any number of other figures one way or the other, and in the course of all the plea-copping somehow managed to misplace the case. It's all down to the star witness now. Whether or not a non-compete is a performance related bonus, David Radler's deal with the prosecution certainly is. M

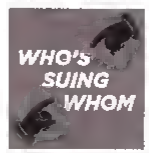
WILY CANADIANS RAN RINGS AROUND NAIVE TYPES LIKE, ER, KISSINGER



RADLER'S DEAL isn't yet sewn up. He won't be sentenced until after his testimony

CHARLES REX ARBOGAST/AP

SURF CAPITAL PRETENDERS TAKE IT TO MEDIATION



Next week, Huntington Beach, Calif., will square off in court-appointed mediation against Santa Cruz, Calif., over which city has the right to bill itself as the real "Surf City U.S.A." Santa Cruz officials say Hawaiian royalty surfed its waters as early as 1885. For its part, Huntington Beach has cited a more tuneful, and recent precedent: a 1963 pop song by residents Jan and Dean, which the city says clearly identifies them as Surf City U.S.A.





THE BRAZILIAN BALL is headed by Anna Maria de Souza (above right) with her husband, Ivan

How do you raise millions for charity? Call Anna Maria de Souza and dance.

Brazil meets Bay St.

BY ISABEL VINCENT · Westmoreland Avenue North in Toronto is a gritty stretch of road in a down at the heels area crammed with old warehouses, Portuguese bakeries, autobody repair shops and brick houses. On a cold winter day the neighbourhood feels particularly bleak: the last place on earth one would associate with the warmth of Brazil and Carnival celebrations. But step past the dusty entranceway of Luis de Castro's warehouse and you will find props hanging from the rafters—angels' wings adorned with hundreds of white feathers, whimsical chandeliers and massive white sculptures of hands—the heavenly ornaments that decorate the Brazilian Carnival Ball, Canada's most important social and philanthropic gala, its biggest net fundraiser, and the largest Brazilian ball in the world. "It's a hugely successful event," says Catherine Nugent, a Toronto socialite, former ball chair, and best friend of its unlikely founder, Brazilian expatriate Anna Maria de Souza. "It's also become big business."

The woman who started the ball is a former middle-class Brazilian schoolteacher of Italian background who transformed herself into a society matron, and shook up Toronto's stiff lipped, grey-pinstriped crowd with a gala that features scantily clad mulatto women and men in feathers and sequins. The celebration couldn't be more Brazilian, yet it has little to do with de Souza's rigidly Catholic upbringing in a small, conservative town in the Brazilian interior. But despite claims that she is controlling and territorial, de Souza, who has had just about every major honour bestowed upon her in Canada and Brazil, has raised $44 million for charity. This year's ball, on April 21, is expected to raise $4 million—the most to date—for the Arthritis and Autoimmunity Research Centre in Toronto, founded in 1993 with funds raised at that year's ball.

The 185 centrepieces for this year's ball will feature rare, metre long orchids flown in specially from Brazil, designed by legendary Brazilian designer Zeka Marquez. Also to be flown in from Rio de Janeiro: 75 dancers. When asked if she ever considered cutting back on the ball's expenses to generate even more for charity, de Souza was quick to say no, "as it will impact on the high standards set by the ball."

There are critics who complain that de Souza has too much say over which charities—usually Toronto hospitals, universities or arts organizations—benefit each year. Others wonder why a portion of the money (five per cent of the total profits) goes to benefit charities mostly in the vicinity of São Sebastiao de Paraiso, her hometown in Brazil where her parents, second-generation Italian immigrants, had inherited a coffee plantation. Last year, $20,000 was sent to help restore Our Lady of Abadia Church, which was built in 1884 in the impoverished suburb of Mocoquinha.

Several years ago, de Souza also sent $25,000 to the Asilo São Vicente de Paulo, an old age home and leper colony started by her father, Amadeu Guidi, a local hero in Paraíso, where there is a boulevard named in his honour. "When I was already established with the ball, I accompanied my father on a visit to the shelter," de Souza said in Toronto, adding that the ball was able to finance a separate wing for elderly women, who had been forced to share space with lepers and elderly men. "I watched as my father embraced every one of the lepers, greeting them by name. He did the same with the elderly. I started to cry."

How did a middle class immigrant from the interior of Brazil transform herself into the doyenne of Toronto society? For Rosemary Sexton, a former *Globe and Mail* society columnist who coined the term "Glitter Girls" to describe de Souza and her fellow Toronto socialites in the 1980s, it was all about being the ultimate outsider. De Souza burst onto a moribund social scene in the 1970s "like a breath of fresh air, and was not restricted by an insider's point of view," Sexton says. In a city then dominated by WASP wealth, she also showed how newcomers like herself could advance.

PETER POWER, TOM SANDLER



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Erin Davis & Mike Cooper
in the morning.

98.1CHFI
Toronto's Lite Favourites



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It is de Souza's ability to play to the stereotype of the carefree Brazilian that has earned her exotic status among Toronto's elite, even if few know much about her origins in Paraiso, a town of Portuguese and Italian immigrant families nestled in the mountains of Minas Gerais state, far from Rio and its raucous Carnival. "She's Italian?" asked Marlene del Zotto, a friend and former ball chair. "I never knew we had that in common. I wonder why she never told me."

De Souza arrived in Canada in 1965, having left tragedy behind her. Her infant daughter had passed away 23 days after a difficult birth, her first husband, a British engineer in Brazil, subsequently died in a work-related accident. She came at the urging of John Marston, a Canadian bulk food importer she'd met at a party in Rio, to represent her father's coffee company. Three months after arriving, de Souza married Marston. "I fell in love with Toronto, and the only thing I could do to stay was to get married," she once said. Her Catholic parents refused to attend the Protestant ceremony, and her elder sister Maria de Lourdes Guidi, who is 80, still says the match was "the worst decision she ever made."

"He was a workaholic who had no time to be married," de Souza said of Marston (they later separated). She also desperately missed home, which is why on a cold, bleak day in February 1966, she decided to celebrate Carnival, teaming up with another expatriate and a handful of Brazilian diplomats to organize a party for a small group of Brazilian expats. That first ball took place in the basement of the Santa Inês Church, whose parishioners were all working-class Portuguese immigrants with scant notions of this South American tradition.

The celebration soon became a more uptown affair, held at various venues as Brazilian diplomats and the principals of Brascan, the Canadian company that made its early fortunes in Brazil, began to attend. De Souza and Nugent used their connections to make sure that big WASP money that had anything to do with Brazil attended the event. At one ball, de Souza, dressed as a tree, ran into businessman Montegu Black, who introduced her to his younger brother, Conrad. He helped her penetrate WASP society, and soon de Souza was dining with the Eatons and the Bassetts. But when the relationship ended, so did the invitations.

Perhaps most people would have retreated, but not de Souza. Soon the most important person in her public life became *Globe and Mail* society columnist Zena Cherry. De Souza, who in 1982 married Ivan de Souza, a businessman of British and Portuguese background, realized that befriending Cherry would be instrumental to her livelihood. When Cherry and her husband travelled to Brazil on holiday, de Souza mobilized her family to show them a good time. "Society in so many ways is such a mug's game," said Sexton. "You don't need money, family or connections, but you have to study who's who and get to know them. Anna Maria did this brilliantly."

The Brazilian ball, meanwhile, continued to grow in prestige. But that came with hard work—and some mishaps. In 1971, the ball featured painted murals of the rainforest, illuminated with black lights. The effect was stunning, except for guests with false teeth: the lights caused dentures to disappear from view. In another year, thieves stole all the food and mink coats before the party began.

By 1988, the sheer crush of people forced organizers to seek out the Metro Convention Centre, the ball's current venue. In 1990, one of her proudest years, de Souza managed to raise $720,000 for the Hospital for Sick Children. But as the ball increased in popularity, de Souza became increasingly territorial ("a micromanager who has her finger in everything" was how Sexton described her), ultimately reserving the right to choose the charities where the money goes. "Anna decides on the basis of how much she was pressured and entertained," says Liz Tory, chair of the ball in 1996 and 2004. "It's a huge commitment with few workers. Anna chooses everything to do with money." The comment leaves de Souza unfazed. "This is big business, and the organization requires that we have a good board to sell the ball, a recipient who will pay for our computers, our secretarial staff. This work requires a huge infrastructure."

2006 GALA co-chair Maxwell Gotlieb and his wife, Heather (left), Belinda Stronach and Paul Venoit (right)



'This is big business,' says de Souza. 'This work requires a huge infrastructure.'



Few thought the ball could get any better or any bigger, but last year, it raised nearly $2 million for York University's faculty of fine arts. This year will likely be even bigger. The prizes include a new Lexus, worth $42,000, a three day stay at the Ritz Hotel in Paris with passes to the Chanel fashion show, and airfare and accommodation for two weeks at the Copacabana Palace Hotel in Rio de Janeiro—valued at $36,000.

De Souza is very guarded about her personal life. During the month I spent sporadically interviewing her, she never said that she was having surgery. It was her sister in Minas Gerais who said she was recuperating at her country home following an undisclosed internal surgery. But the ball preparations continued, with de Souza directing everything by email and cellphone. "There is no panic," she said. "Everything is under control." Said former society writer Naomi Engel: "She has to be constantly working to do what she does. That's why she turns out the most sensational party every year." M

HOW THEY DO IT IN...

CHINA: SISTER CITY MAKES MEN DO THE DISHES

The city of Chongqing, in western China, has declared its Shuangqiao district "Woman Town," a place where females will call the shots and men will be required to obey their every command whenever they are within Shuangqiao's precincts. The district's gates will be festooned with a slogan, "A woman never makes a mistake," and even tourists will have to abide by female rule. Errant men will be punished by, among other things, having to do dishes.

LUCAS OLENIUK; DEBBIE HOLLOWAY/SUN MEDIA CORP; PETER POWER



In 70% of cases genital herpes is transmitted when there are no visible signs or symptoms.[1]

I'm very careful, and I always thought I was doing everything possible to protect my girlfriend from genital herpes. But when I learned that I could be contagious even when I don't have symptoms, I was shocked.

I asked my doctor, and he explained that genital herpes is transmitted through something called *viral shedding*. Too small to be seen, viral shedding can happen anytime, anywhere in the "boxer short" area of my body. Thanks to my doctor I now know that I can do more to reduce my risk of passing it on.

THERE ARE *MORE* WAYS TO REDUCE THE RISK OF TRANSMITTING GENITAL HERPES THAN YOU MAY REALIZE. ASK YOUR DOCTOR.

www.ghWhoKnew.ca

[1] Based on a clinical study to determine the risk of spreading genital herpes (GH) in 144 heterosexual couples in which one partner had GH and the other did not. Couples were followed for a median 334 days and were counselled to abstain from skin to skin contact in the presence of lesions. Couples were educated on the potential protection offered by condoms during periods when there were no visible signs or symptoms.

EXCLUSIVE REPORT: HOW HEALTHY ARE YOU?

BUILDING A BETTER YOU

It's the difference between getting by and getting healthy

BY ALEXANDRA SHIMO • "The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind." The quote is author G K Chesterton's, but Torontonian Jim DeGasperis would be the first to admit that his many attempts at good health had him running in circles, so to speak.

The difficulty, he says, wasn't just that he believed the latest thinking on diet and health, but he changed his lifestyle to follow suit. "I read about vitamins, so I took them for awhile," says the father of four. "I tried vitamin C and multivitamins. They didn't seem to help much—I still felt tired and lethargic."

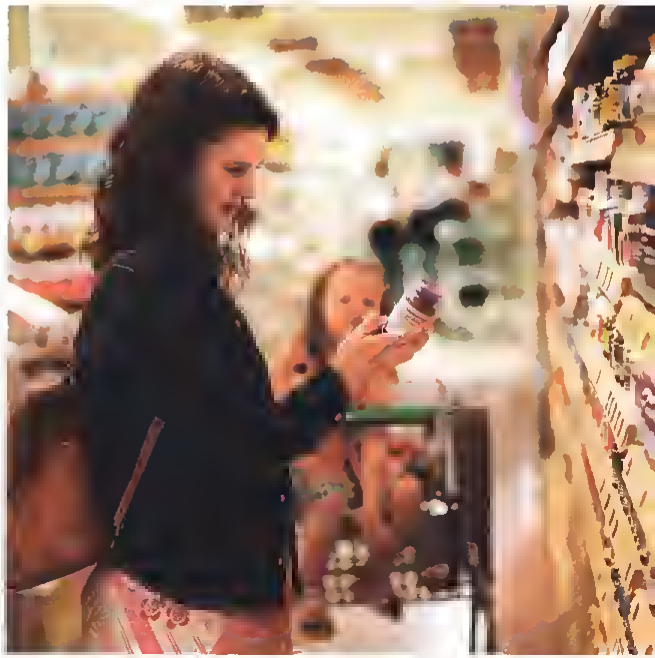
After his unsuccessful stint with vitamins, DeGasperis, 50, an independent contractor and developer, tried a number of health kicks to lose weight and gain energy. When low-fat diets became fashionable in the '90s, he counted grams of fat. When Atkins took the spotlight, he cut down on carbs. At the end of it all, DeGasperis, like a number of us, was a little overweight and not particularly healthy, says Elaine Chin, his doctor and co-founder of Scienta Health, an executive health management clinic specializing in preventive genetic testing. At 224 lb. and five foot-11, he had high insulin levels, high cholesterol, and a family history of heart disease.

"Jim came to me because he wanted a health program that was tailored to his specific needs," says Dr. Chin. "There is a gap between being at your optimum health and just getting by, and Jim was like a lot of people in that he wasn't sure how to close that gap."

DeGasperis's confusion is fairly common, says Dr. Réjean Hebert, dean of the faculty of medicine and health sciences at Université de Sherbrooke. "A lot of people want to improve their quality of life. They want a healthier lifestyle. They are afraid of going into their senior years sick or disabled. What I've found with my own patients is they are flooded with information, but they find it hard to select the right information to make an informed decision."

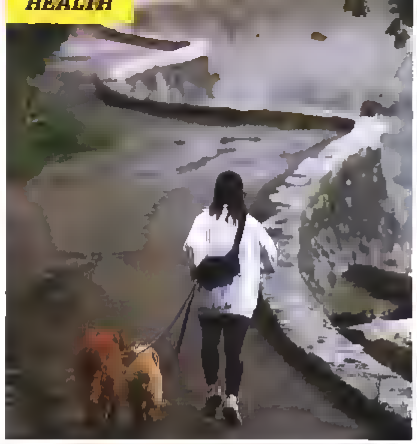
One reason for the uncertainty is the multitude of conflicting claims about health, says Hebert. Take the received wisdom on fats. In the '80s, fats were a no-no, as the emphasis was on reducing heart disease and lowering cholesterol. In the '90s, a low-fat diet was thought to protect against breast cancer as well. Then last year, the Maryland-based Women's Health Initiative announced that after putting thousands of post-menopausal women on a low-fat diet for eight years—the sample size was 49,000 women—there was no evidence that particular diet significantly reduced the incidence of either disease. The latest thinking is that we are to cut out trans fats, reduce saturated fats and embrace the monounsaturates—the good fats in olive oil and nuts that lower the type of cholesterol (LDL) that causes heart disease. There is also evidence that eating very little, known as Caloric Restriction, will increase lifespan, although critics would argue the strict diet and nutrition program sacrifices quality of life to gain longevity.

Vitamins have gone through an about-face too. Until very recently, it was thought that high doses of antioxidants, or compounds like beta-carotene, lycopene or vitamin E, helped prevent cancer by neutralizing can



MASTERFILE

CONFLICTING INFORMATION: Lots of vitamins and supplements, little scientific data to go on



'People care about how many disability-free years they can enjoy, not just how many years they have left'

cer causing free radicals It turns out that not only do antioxidants fail to vanquish free radicals, but beta carotene supplements actually increase the risk of certain cancers

"A lot of people want a quick miracle pill that can prevent disease or stop aging," Hébert says "They are willing to try multivitamins, vitamin C, Ginkgo Biloba or DHEA [an anti-aging hormone replacement]. The problem is that there is a lot of false information out there And there is little scientific evidence that these products actually work."

The good news is that the 20 per cent of Canadians who take alternate health products are still healthier than those who don't Unfortunately, a body of research shows this has absolutely nothing to do with the vitamins they take On average, supplement takers are better educated, and more affluent than those who abstain from these products, they likely take a greater interest in personal health, and have more money to spend on things like gym memberships and fresh fruit and vegetables

The rise of vitamins and other supplements are both aspects of our shifting attitudes toward health and disease, says Sheldon Elman, the chief executive officer of Medisys, a national executive health provider A growing number of Canadians would like to take steps to prevent them from getting sick, he says They are more educated about their own symptoms and illnesses Unlike previous generations, they don't take their physician's word as sacrosanct They are well versed in the medical information available, but don't always know how best to navigate through the deluge of scientific claims

DeGasperis says all of the conflicting information led to poor decisions on his part His combination of symptoms—unfit, overweight, high cholesterol—aren't unusual They are a major cause of chronic illnesses in Canada, says Dr Ian Bowmer, vice-chair of the Health Council of Canada. One in three Canadians has a chronic condition, such as heart disease, diabetes and high blood pressure, chronic obstructive pulmonary disease, arthritis or mood disorders Diabetes alone has increased from three to five per cent in the past decade. Chronic illnesses cost the health system $80 billion per year, but many are preventable with lifestyle changes, says Bowmer

"Individuals need to take control of their own health, but the health care system needs to change too," he advises. "We need to focus on prevention and providing at-risk individuals with the help they need, such as access to a coordinated team of health professionals including nutritionists and dieticians. It would mean more money at the outset, but it has proven cost effective in the long run"

As medicine has advanced, we have raised our expectations to follow suit, says Hébert Canadians, especially boomers, want to be free from disability as they age. "We've shifted our priorities away from life expectancy toward quality of life," says Hébert "People care about how many disability-free years they can enjoy, not just how many years they have left."

Dr Brian Day, president-elect of the Canadian Medical Association, believes this attitudinal change forces us to redefine what it means to be truly healthy "Canadians in their 50s, 60s and 70s expect much more from their senior years than previous generations. They want their senior years to be extremely active. And because they have these higher expectations, there is a lot of uncertainty about the best way to do that"

After consulting with Dr Chin and a team of health professionals, Jim DeGasperis was able to lower his cholesterol and reduce his weight Part of the problem, he says, was a lack of knowledge Understanding the relationship between his fatigue, weight, high cholesterol and elevated insulin levels played a key role in changing his priorities "There is a gap between really caring for your health and getting by, but it took some professional help for me to see what that was I think I always cared about my health, I just wasn't sure how to be at my best." M

MEASURING UP

You should never settle when it comes to your health Too often, we accept stereotypes For instance, at 65 years of age we often expect a certain level of physical decrepitude We shouldn't And the way to get around that is to get a handle on what we feel now Dr Elaine Chin, who heads Scienta Health



Dr Elaine Chin

an executive health management clinic, became convinced of the need to focus on active prevention while working as a family and a corporate physician An assistant professor at the University of Toronto, she developed the Q-GAP test ("Q" represents "quality of life") to help clients gauge where they stand and determine how much they could improve their quality of life The test asks a participant about a wide variety of physical and emotional symptoms, and produces a total score Available in print for the first time, the Q-GAP test on the following pages offers one measure of how healthy a person is for his or her age Filling out the questionnaire and plotting the results on a graph should take about 10 minutes Acknowledging symptoms only improves the accuracy of your Q-GAP tally, and provides a better sense of where you might want to focus your efforts at improving your health

Q-GAP ONLINE: You can do the test online at *www.macleans.ca/qgap*, and the calculations will be done for you

TONICS

PARKINSON'S PROTECTION: AN UNLIKELY SOURCE

Medical researchers are not recommending it, but tobacco may have a role in warding off Parkinson's disease A new study looked at family members of Parkinson's patients, and those who smoke have a lower incidence, prompting researchers to ponder whether there's a substance in tobacco responsible One possible explanation is that cigarettes raise levels of dopamine, a brain chemical produced by cells that die off at Parkinson's onset

CHUCK STODDY/CP

CONTAINS WHOLE GRAINS, PREBIOTIC FIBRE

AND THE ABILITY TO OUTLAST YOUR FIFTEEN YEAR OLD IN A GAME OF ONE-ON-ONE

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4g OF FIBRE

* Cherbut C.G., Bekkerfrivel M.B. Dietary metabolism of the human colonic microbiota: introducing the concept of prebiotics. J. Nutr. 1995;125:1401-1412.
** Kalliomäki M., Nicklas K.K. Nutritional and pharmacological enhancement of gut-associated lymphoid tissue. Curr. Gastroenterol. 2000;2(suppl):S9-14SD 181D

Dempster's WholeGrains 100% WHOLE GRAIN Prebiotic

learn more at dempsters.ca

EXCLUSIVE REPORT

Ready for the test?

How to do the test

The Scienta Health Q-GAP test provides a list of symptoms. You simply identify whether you ever experience each and, if so, the frequency and intensity with which you experience them. Here are some guidelines:

Frequency of Symptoms

You may experience certain symptoms only under specific conditions, such as when you're battling the flu or coping with seasonal allergies. It all counts.

ALMOST NEVER: may have happened very occasionally due to an isolated reason

OCCASIONAL: happens periodically but does not significantly affect day-to-day life

MODERATE: top of mind awareness that it is at least bothersome but does not significantly affect ongoing quality of life

ALMOST ALWAYS: impacts day-to-day life and significantly detracts from quality of life

Intensity of Symptoms

Please identify the intensity of these symptoms, whatever the cause or frequency.

MILD: when symptom occurs, you notice it but it does not impede day-to-day functioning

MODERATE: symptom is irritating and requires relief

SEVERE: symptom is significant enough to seek or have received medical attention

How to determine your Q-GAP Score

Read Frequency of Symptoms and circle a number—either 0, 1, 2 or 3—and then circle a number under Intensity of Symptoms. If your Frequency Score is 1, 2 or 3, multiply that number by your Intensity Score and write the score on the space supplied at the right. Do the same for each line of the test. Add these numbers together to get a total for each category (for example, HEAD AND NECK). Finally, add the category scores to determine your total Q-Gap Score.

Now plot your score against your age range.

HEAD AND NECK	FREQUENCY OF SYMPTOMS: almost never	occas onal/ every few months	moderate/ monthly	almost always/ weekly		INTENSITY OF SYMPTOMS (if you scored frequency 1, 2 or 3): mild	moderate	severe	
BRAIN									
Do you get headaches or migraines?	0	1	2	3	X	1	2	3	=
Do you have difficulty speaking?	0	1	2	3	X	1	2	3	=
EYES									
Do your eyes water, or is there any discharge?	0	1	2	3	X	1	2	3	=
Do you have red, dry, itchy or sore eyes?	0	1	2	3	X	1	2	3	=
Do you notice your vision deteriorating?	0	1	2	3	X	1	2	3	=
EARS									
Do your ears ring?	0	1	2	3	X	1	2	3	=
Does your hearing seem to be getting worse?	0	1	2	3	X	1	2	3	=
NASAL									
Do you get a runny nose, or feel congested?	0	1	2	3	X	1	2	3	=
Does your nose sometimes bleed?	0	1	2	3	X	1	2	3	=
							Head and neck subtotal		

GASTROINTESTINAL									
Do you lack an appetite?	0	1	2	3	X	1	2	3	=
Any unexplained weight loss, or difficulty gaining weight?	0	1	2	3	X	1	2	3	=
Do you have hunger spells or cravings?	0	1	2	3	X	1	2	3	=
Do you gain weight, or have difficulty losing weight?	0	1	2	3	X	1	2	3	=
Do you have bad breath, or any abnormal taste?	0	1	2	3	X	1	2	3	=
Any difficulties chewing or swallowing?	0	1	2	3	X	1	2	3	=
How about nausea or vomiting?	0	1	2	3	X	1	2	3	=
Do you suffer indigestion, reflux or heartburn?	0	1	2	3	X	1	2	3	=
Do you experience bloating or pass gas?	0	1	2	3	X	1	2	3	=
Are you ever constipated?	0	1	2	3	X	1	2	3	=
Do you experience diarrhea?	0	1	2	3	X	1	2	3	=
							Gastrointestinal subtotal		

CARDIO-RESPIRATORY									
LUNGS									
Does mild exercise like walking cause breathlessness?	0	1	2	3	X	1	2	3	=
Do you have low endurance or stamina when sedentary?	0	1	2	3	X	1	2	3	=
Do you have low endurance or stamina on periodic exertion, like walking?	0	1	2	3	X	1	2	3	=
Do you have low endurance or stamina when engaged in a sport-like or athletic activity?	0	1	2	3	X	1	2	3	=
Do you experience wheezing?	0	1	2	3	X	1	2	3	=
HEART									
Do you experience chest tightness or pain?	0	1	2	3	X	1	2	3	=
Is your pulse irregular?	0	1	2	3	X	1	2	3	=
Do you have a rapid or racing heart or palpitations?	0	1	2	3	X	1	2	3	=
							Cardio-respiratory subtotal		

MUSCULOSKELETAL	FREQUENCY OF SYMPTOMS: almost never	occas onal/ every few months	moderate/ monthly	almost always/ weekly		INTENSITY OF SYMPTOMS (if you scored frequency 1, 2 or 3): mild	moderate	severe	
MUSCLES									
Do your muscles ache?	0	1	2	3	X	1	2	3	=
Do you experience muscle cramps?	0	1	2	3	X	1	2	3	=
Or reduced muscle strength or physical weakness?	0	1	2	3	X	1	2	3	=
JOINTS									
Ever experience joint pain or stiffness?	0	1	2	3	X	1	2	3	=
Do your joints swell?	0	1	2	3	X	1	2	3	=
Do you experience a lack of mobility with mild exertion like a short walk?	0	1	2	3	X	1	2	3	=
Do you experience a lack of mobility with moderate activity like a brisk walk?	0	1	2	3	X	1	2	3	=
Any spasms or pain in your neck and back?	0	1	2	3	X	1	2	3	=
							Musculoskeletal subtotal		

NEUROLOGICAL									
Do you experience tremors?	0	1	2	3	X	1	2	3	=
What about numbness and tingling?	0	1	2	3	X	1	2	3	=
Do you have poor physical coordination?	0	1	2	3	X	1	2	3	=
Do you feel hyperactive, restless, nervous or irritable?	0	1	2	3	X	1	2	3	=
Do you faint or feel dizzy?	0	1	2	3	X	1	2	3	=
Do you have convulsions or seizures?	0	1	2	3	X	1	2	3	=
							Neurological subtotal		

UROLOGICAL/GYNECOLOGICAL									
Do you have to urinate frequently?	0	1	2	3	X	1	2	3	=
Do you lose control of your bladder?	0	1	2	3	X	1	2	3	=
Does urination burn or is the urine bloody?	0	1	2	3	X	1	2	3	=
For women, any heavy or crampy menstrual cycles?	0	1	2	3	X	1	2	3	=
For men, any erection difficulties?	0	1	2	3	X	1	2	3	=
Any loss of sex drive, or orgasm difficulties?	0	1	2	3	X	1	2	3	=
Does sexual intercourse hurt?	0	1	2	3	X	1	2	3	=
Any hot flashes or night sweats?	0	1	2	3	X	1	2	3	=
							Urological/gynecological subtotal		

SKIN AND HAIR									
Do you have dry or itchy skin?	0	1	2	3	X	1	2	3	=
Is your skin oily or do you have acne?	0	1	2	3	X	1	2	3	=
Any rashes, hives or redness?	0	1	2	3	X	1	2	3	=
Any hair loss that isn't genetic or family related?	0	1	2	3	X	1	2	3	=
							Skin and hair subtotal		

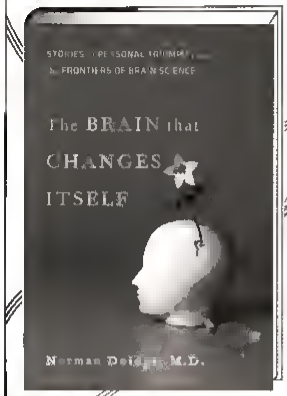
EMOTIONAL HEALTH									
Do you have poor concentration or memory lapses?	0	1	2	3	X	1	2	3	=
Do you suffer from indecisiveness or confusion?	0	1	2	3	X	1	2	3	=
Do you feel fatigued or sluggish?	0	1	2	3	X	1	2	3	=
Do you feel sad or cry?	0	1	2	3	X	1	2	3	=
Do you have mood swings?	0	1	2	3	X	1	2	3	=
Does panic, anxiety or fear affect you?	0	1	2	3	X	1	2	3	=
Any suicidal thoughts?	0	1	2	3	X	1	2	3	=
Do you feel frustrated or have angry outbursts?	0	1	2	3	X	1	2	3	=
Are you restless or have a sense of invincibility?	0	1	2	3	X	1	2	3	=
Do you sleep too much?	0	1	2	3	X	1	2	3	=
Do you sleep too little?	0	1	2	3	X	1	2	3	=
Any difficulty falling asleep, or frequent waking up?	0	1	2	3	X	1	2	3	=
Any nightmares or wild dreams?	0	1	2	3	X	1	2	3	=
							Emotional health subtotal		

PSYCHOSOCIAL ISSUES									
Are you unhappy or frustrated with your spouse?	0	1	2	3	X	1	2	3	=
Are you unhappy or frustrated with family members?	0	1	2	3	X	1	2	3	=
Are you unhappy or frustrated with friends?	0	1	2	3	X	1	2	3	=
Are you unhappy or frustrated with work colleagues?	0	1	2	3	X	1	2	3	=
Do you lack a sense of purpose in your personal life?	0	1	2	3	X	1	2	3	=
Do you lack a sense of purpose in family life?	0	1	2	3	X	1	2	3	=
Do you lack a sense of purpose in your social life?	0	1	2	3	X	1	2	3	=
Do you lack a sense of purpose in your job?	0	1	2	3	X	1	2	3	=
							Psychosocial issues subtotal		

NOW CONTINUE TO PAGE 50 TO CALCULATE YOUR Q-GAP SCORE

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EXCLUSIVE REPORT

And the answer is...

Category ecoree

If any section scores higher than 10 (for example HEAD AND NECK), you might want to take measures to lessen the symptoms as they are likely to be compromising your health and therefore your quality of life. It is important to identify the causes and address them. You might want to consult a health care professional.

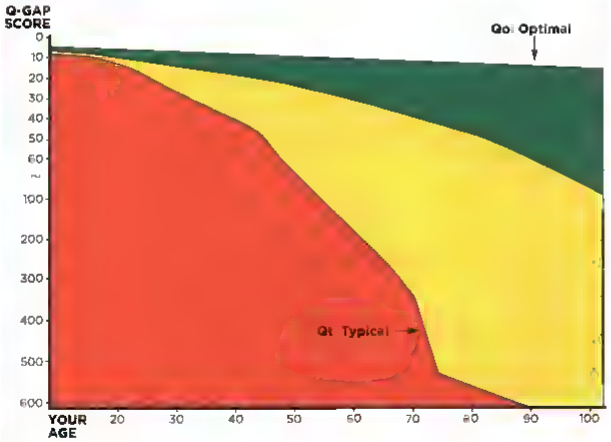
Head and neck	
Gastrointestinal	
Cardio-respiratory	
Musculoskeletal	
Neurological	
Urological/gynacological	
Skin and hair	
Emotional health	
Psychosocial issues	
Your Q-Gap total score	

Step 1: Calculate your total score

Take each category total from the test (see previous pages 48 and 49) and put them in the box at the right. Add together the subtotals to get your total Q-GAP score.

Step 2: Graph your score

Take your total Q GAP score and mark it on the vertical part of the graph and plot it against your age on the horizontal part of the graph.



Step 3: How to interpret your Q-GAP graph score

GREEN ZONE: Your score should ideally fall with n the green zone.

YELLOW ZONE At your age you should not be in the yellow zone as this signifies the onset of symptoms that could lead to premature disability and disease.

RED ZONE: Ideally no one should be in the red zone. If you are, it means you may be disabled in one or more areas of body function. Your quality of life could be impaired. It might be advisable to seek health care advice from a professional. M



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RICHARD BUCHAN/CP

THE PRICE OF COFFEE Carriers of the slow gene may run a higher risk of heart disease

EXCLUSIVE REPORT

WHAT DO YOU MEAN, A 'COFFEE GENE'?

The lowdown on barbecuing, snoring, and the right amount of sunshine

BY DANYLO HAWALESHKA

It's quite simple. Exercise, diet and weight control remain the pillars of good health. But as our knowledge grows, so do our options for optimizing our health. For instance, all fruit is good for you, correct? Well, yes, but there is also such a thing as "good" and "bad" fruit, and the types you eat can have an impact on your body's production of insulin, which in turn affects weight gain. We have now also identified a "coffee gene," which determines how quickly a person processes caffeine. The gene, some researchers argue, is linked to heart attacks in people who drink caffeinated drinks to excess. We know the sun causes cancer, but it's also essential for vitamin D production.

Confusion is understandable. This is why *Maclean's*, in collaboration with Dr. Elaine Chin and Scienta Health, has compiled a list of questions and answers, coupled with background on currently available tests. It may whet your appetite for becoming proactive in ensuring your long-term, symptom-free good health. Bon appétit.

How many "good" low glycemic fruits do you consume per day?

Not all fruits are created equal. Apples, oranges and plums, for instance, have a lower glycemic index than fruit like bananas, pineapples and watermelon. Those "good" fruits don't push blood-sugar levels quite so high, and reduce the body's need to release insulin. Keeping insulin in check is good because the hormone facilitates the conversion of carbohydrates into fat for storage, which leads to weight gain. Fruit is also an excellent source of antioxidants, which neutralize free radicals that can damage cells. A hormone test for insulin can be helpful in gauging health, while a urine analysis can detect free radicals.

How much caffeine do you drink?

Most of us can't go without our morning cup of joe. But there may be a price to be paid for that jolt of caffeine—and it appears to depend on your genes. A growing body of research suggests some people carry a version of the so-called "coffee gene," which causes them to digest caffeine more slowly than individuals with the fast-acting genetic version. The theory suggests carriers of the slow gene who consume large quantities of caffeine run a higher risk of having a heart attack. Currently, researchers are racing to develop a genetic test to screen for the slow gene. But until one exists, health advocates say it's best to err on the safe side and keep consumption of coffee, tea, or caffeinated pop down to one, or at most two eight-ounce servings per day. And that's only if there are no health issues like poor sleep, weight gain, bone loss (caffeine prevents calcium absorption) or breast cysts. Another knock against caffeine is it stimulates cortisol secretion by the adrenal glands. Known as the stress hormone, cortisol can disrupt sleep and stimulates secretion of insulin, which is associated with weight gain and difficulty losing weight. A test to monitor cortisol is available.

What portion of protein intake should be red meat?

Ideally, red meat would represent about 30 per cent of your recommended daily animal protein intake (with fish and poultry accounting for another 30 per cent each, with the balance derived from non-meat sources like beans and lentils). That assumes no health conditions associated with cholesterol or iron accumulation. By now just about everyone knows red meat is a major source of dietary cholesterol, and doctors counsel patients with high cholesterol to reduce their intake. Other concerns include red meats as a source of iron, a free radical that increases oxidation and cell damage, and arachidonic acid, a fatty acid linked to inflammation that causes increased risk of cardiovascular disease and arthritic changes in joints. Screening for iron and arachidonic acid is available.

What portion of protein intake is from fish low in mercury?

Fish is somewhat of a Catch 22. Large fatty fish often are relatively high in mercury, yet there are health benefits from fish's fatty acids. It has been suggested that about 30 per cent of protein intake should come from seafood low in mercury, such as salmon, oysters, whitefish, sea bass, and sardines. All are a rich source of healthful omega-3 fatty acids.

How often do you get your heart rate up to your age-appropriate target?

It's a good idea to perform at least 30 minutes of sustained aerobic exercise at least three to four days a week. These workouts should increase a person's heart rate to an age appropriate level, or about 220 beats per minute minus your age. A proper heart rate is essential to improving heart and lung function, and exercise, it seems, can also increase levels of growth hormone, which helps the body repair itself and maintain a good metabolic rate. Growth hormone levels can be screened.

How often do you lift weights?

Muscle strengthening and endurance train-


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EXERCISE can raise levels of human growth hormone, which helps the body repair itself

ing two to three times a week, on non-consecutive days, is good for bone strengthening and preventing bone loss

How many hours of sleep do you get?

Ideally, most people should average seven to eight hours of solid sleep a night—no waking up after three or four hours. Sleep, however, can be disrupted by hormone imbalances. For example, stress during the day results in high cortisol levels to keep you going, but those same levels in the evening cause unwanted "wake-ups" in the night.

Do you snore with silent pauses?

Snoring punctuated by silent pauses in breathing should not happen, and can be symptoms of sleep apnea. If undiagnosed, it can lead to heart disease.

How many times per week do you eat food grilled and charred on a barbecue?

In a perfect world: never. But perfection is difficult (not to mention no fun at all, when we're talking BBQ). Still, limiting grilled meats is a good idea because charred food contains carcinogens that can increase tumours in the gut, particularly in people with a genetic predisposition. It's been suggested that eating meat from the BBQ increases the risk of colon cancer. As with any cancer, the trick is to catch it early. For that, there's a test based on the fact that when colon cancer grows, cells are shed in the stool. PreGen-Plus screens for DNA markers that are associated with the disease and precancerous polyps.

How many days in the week are you in the sun for at least 20 minutes with little to no sunblock?

Everything in moderation. Too much sun, dermatologists warn, can cause skin cancer. But exposure to sunlight, for 20 minutes, before 11 a.m. or after 3 p.m., three to four times weekly, helps the skin produce vitamin D. Without enough of it, bone growth is impeded. Evidence suggests that high levels of vitamin D can protect against some cancers. Where getting enough sun is a challenge, one option is supplements.

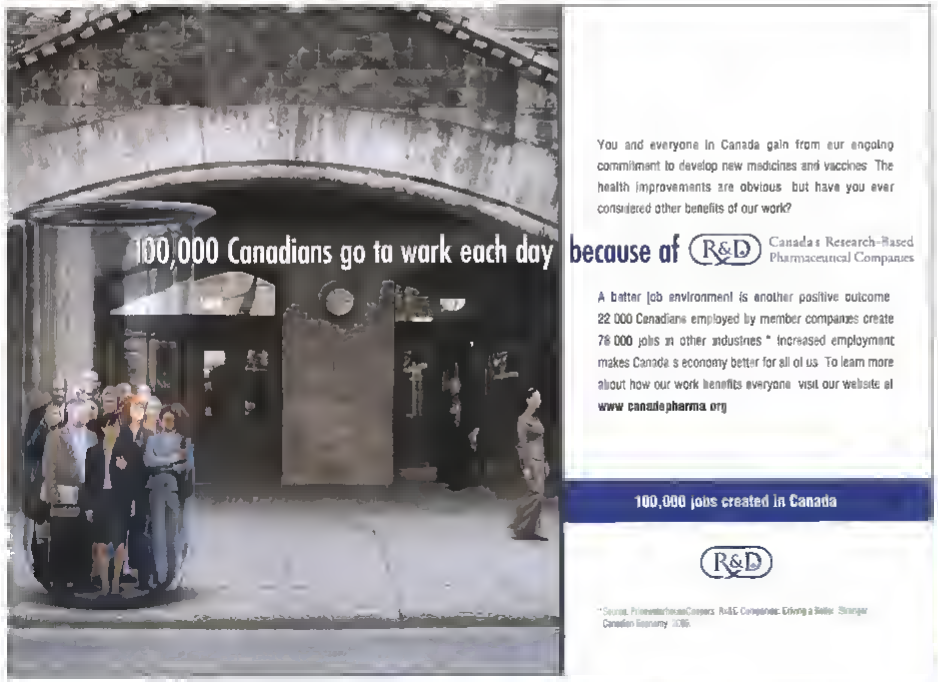
Do you have abdominal fat around your waist, or more fat around your hips?

Describe your body shape. Is it an apple or pear? Apple-shaped people are more likely than pear-shaped people to develop health problems related to obesity. The apples among us are also more prone to developing type 2 diabetes, and that shape's been associated with increased risk of hormonal cancers like breast cancer, as well as sleep apnea.

How often do you have a good laugh?

Probably not often enough. Enjoying a good belly chuckle can lower cortisol levels and hence decrease health risks associated with stress. M

TIM KNOCHAK/CP



A PASSION FOR THE FIGHT

June Callwood was a writer by trade, but she had a higher calling

BY PETER C. NEWMAN

Italians have saints.

The Japanese have National Treasures.

We had June Callwood.

Every country is a mystery composed of the lives of men and women, bound loosely together in common citizenship and dreams. But each generation is fortunate enough to be blessed with the presence of a few unusual individuals who have the ability to move outside their own concerns and take on the plight of others, often strangers, who help one another in the agonizing proximity of death, diseases and damnation.

Callwood, who died on April 14 at 82, once advised a group of McMaster University social science students: "I wish that you suffer enough guilt to grow a conscience. But not so much as to sour your life." That was June, always clear of conscience but never sour.

The last time I saw her, at a December reception for Stephane Dion, the freshly minted Liberal leader, she seemed to be having a good day, and when she got up to leave she did a little dance, like a young buck cakewalking in the sun. She winked at me, knowing that I knew how seriously ill she was, and I never saw her again. Looking back on that magic moment, I was reminded of Pablo Picasso, who once wisely observed that it takes a long time to become young.

Her own youth was a drab endurance test, with an absent father and an aloof mother and no steady family income. Growing up, she sometimes existed on potatoes and water for days at a time. She began her journalism career at the *Brantford Expositor* in 1941 and then joined the *Globe and Mail* where she met the love of her life, sportswriter Trent Frayne, though she continued to use her own surname because the paper did not employ married women at the time.

Writing became her profession but compassion remained her calling. She helped found no less than 50 epicentres of social activism, including hostels for abused women and the first AIDS hospice in the country. She never let up in her struggle for justice and freedom, but she did it with such good humour that no one could refute her causes. "She sees the good things people do, however small, instead of being consumed by the bad stuff that can be ragingly conspicuous," wrote her biographer Anne Dublin. "By embracing the good, she finds the passion she needs to fight for it."

Callwood wrote more than two dozen books under her own name, and was the ghostwriter for a number more. My favourite was her *Portrait of Canada*, a lively and evocative portrait of her country at a time when its history was supposed to be so dull that only academics could write it. In her version she mischievously pointed out that "Canadians are the third largest ethnic group in America."

Much of her best writing was published in magazines, most of it in this one. During the 1950s I served with her under the fabulous editorial duo of Ralph Allen and Pierre Berton. They were our mentors, and never wasted words. She had a favourite story about how abruptly stories were assigned in those days.

Berton: "We'd like a piece on the universe."

Callwood: "The universe?"

Berton: "Yeah. The universe. Deadline in two weeks."

Callwood: "Fine."

Her home life was solid but she was not immune to personal tragedies such as the accidental death of her youngest child, Casey, and her own cancer that was diagnosed in November 2003. She spent 66 years in journalism and won every award going plus some created specifically for her. They included 16 honorary doctorates and three Orders of Canada. But her greatest concern, always, was for the protection of civil rights.

"Very often, our view of civil liberties is shaped primarily by something in our Canadian bones," she maintained. "That gut reaction, a conservative reaction, is what makes us a distinctive people. We are not Americans who happen to have drawn the worst climate and geography; we are a different people, and this is nowhere as apparent as it is in the area of civil rights. The pattern in Canada when a civil liberties crisis erupts is a rhythmic response. The first organ sound is a celebration of approval for the government and the police who have behaved ferociously to end the crisis. The second sound, much delayed and a bit ragged, is to question whether the government and police did indeed behave well, and very often to conclude that they did not."

That was the bedrock of her belief system, and she personalized it.

"Each person is like a stone in a pond," she observed near the end of her life. "Individual actions, good or bad, send out tiny ripples that change the surface of the public pond. People, by choice, can spread warm understanding or cold indifference." Her choice was crystal clear. M

AS SHE LEFT, SHE DID A LITTLE DANCE, LIKE A YOUNG BUCK CAKEWALKING IN THE SUN. AND SHE WINKED AT ME.



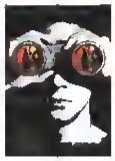
SHE SPENT 66 years as a journalist, but her greatest concern was for civil rights

MACLEAN'S ARCHIVE

'IF THE INDUSTRY TAKES YOU LIGHTLY BECAIE YOU'RE ALWAYS PARTYING, THEN THEY WILL TAKE YOUR WORK LIGHTLY'—HOT HOLLYWOOICTOR SHIA LABEOUF ON WHY HE SPENDS NIGHTS IN

SHIA LABEOUF
HOLLYWOOD'S YOUNG CONTENDER

His latest film, *Disturbia*, grossed more than US$22 million in its first weekend—not bad for a kid from a rundown L.A. neighbour hood whose father was a heroin-addicted circus clown and mom a ballerina turned visual artist But actor **Shia La Beouf**, 20, seems to make a habit out of defying odds After a rocky child hood—his father made him smoke marijuana at age 10—LaBeouf has emerged as a promising Holly wood contender This prodigy, likened to Tom Hanks by director **Steven Spielberg**, has signed on to appear in the fourth Indiana Jones film with **Harrison Ford** What's most surprising about this barely legal actor is that he's party shy. "I have made a calculated effort to stay away from the party scene," he says "If the industry rakes you lightly because you're always partying, then they will take your work lightly"



HARRY MULISCH
AN OSCAR, A PLANETOID —AND NOW A BOOKER?

One of his novels, *The Assault*, may have been made into a 1986 film that won a Golden Globe and the foreign-language Oscar He may even have had a planet-oid named after him last year. But Dutch writer **Harry Mulisch** remains the most famous author few of us have heard of. That goes even for the eminent **Elaine Showalter**, for merly a Princeton profes sor of English and cur rently a judge for the Man Booker International Prize Mulisch, she told Toronto media last week when announcing the prize's short list, which includes Canad ians **Michael Ondaatje Margaret Atwood** and **Alice Munro**, was one of the candidates she was not familiar with already: "There were very few times when one judge would say 'Oh, do you mind reading this 1,000 page Dutch novel because this author's really great?' bur actually that ended up being one of the best books I read." Mulisch thus ended up with a chance at winning the $140,000 literary award in June. And a shot at real fame at last

PAUL WOLFOWITZ
LOVE AND MONEY SHAKES WORLD BANK

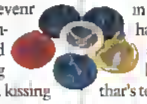
During his two years at the helm of the World Bank, **Paul Wolf-owitz** has focused on ending cor-ruption among borrower coun-tries, a stand that led to several poor countries losing aid But last week, the former U S assist-ant defence secretary in rhe George W. Bush administration faced allegations of his own cor ruption. Shortly after he arrived at the bank in 2005 he secured a US$193,590 job at the U S State Department for **Shaha Ali Riza**, his girlfriend. Riza remains on the bank's payroll. As well Wolfowitz has hired for mer White House aides and paid them well The uproar has overshadowed an important World Bank pro-gram to raise nearly US$30 bil lion to aid poor nations As the bank's largest backer, the U S government supports Wolfowitz But his fare is in rhe hands of an oversight committee that will report on whether his acr of favouritism has damaged the bank In terms of notoriety alone, the answer is already clear

ATIKU ABUBAKAR
NIGERIA'S UNEASY SUCCESSION

Nigeria, with a tradition of cor ruption and military govern-ments, seems to be in the process of making a transition from one civilian leader to another for the first time since independence But the case of **Atiku Abubakar** shows just how difficult the achievement is On Monday, the Nigerian Supreme Court reversed an electoral commission ruling barring Abubakar from running against **Umaru Musa Yar'Adua**, considered by some to be a stooge of the more charismatic outgoing president, **Olusegun Oba sanjo** A former Obasanjo backer, Abubakar broke with the president after feuding over the issue of succession. With 60 million bal-lots already printed—and without Abubakar's name—his chances looked dim. Last weekend's regional elections showed an overwhelming lead for Oba-sanjo's and Yar'Adua's ruling party That sparked allega-tions of vore-rigging and, worse, caused rioting Election officials will have to scramble to get Abu-bakar's name on the bal lot in time for Saturday's vote

SHILPA SHETTY
HERO TO ZERO IN ONE FELL SWOOP

She garnered adulation in India when she won *Celebrity Big Brother*, a British reality show, but this week Indians were burn ing her and U S actor **Richard Gere** in effigy Bollywood star **Shilpa Shetty** and Gere hosted an AIDS awareness event in New Delhi "No con-dom, no sex," shouted Gere before swooping Shetty into a dip and kissing her Shetty's and Gere's display of affection was denounced by scandalized political parties, activists, and even Shetty's fan club, Gere was the subject of calls to apologize or leave the country Last January, Indians leapt to defend Shetty's honour when she reported several fellow contest-ants on *Celebrity Big Brother* had targeted her with racist remarks Shetty prevailed on Indian media not to dwell on Gere's innocent smooch. "We will look like idiots in front of the foreign press," she said



ANDREW HUTCHISON
ACROSS A GREAT DIVIDE

Canadian Anglican Archbishop **Andrew Hutchison** says he was trying ro be understanding last week when he told a British news-paper that Archbishop of Can terbury **Rowan Williams**'s hand-ling of the issue of homosexuality in the Anglican Church had been "disappointing and lacking." It's the latest in an ongoing rift thar's tearing the church apart Hutchison, a liberal, predicts that at a June synod Canadian bish-ops will back a resolution to allow the blessing of same-sex couples—which American Anglicans have already sanctioned But, facing resistance from conservative Afri-can Anglicans, Williams may enforce an ultimatum handed the U.S by international Angli-can primates in February: rescind your policy or face expulsion Canada, no doubt, would be next Williams told a Toronto press conference during a visit Mon-day he hopes for reconciliation "A church divided into liberal and conservative segments would be impover ished All would be losers"

CAROLE MIDDLETON
ROYAL ROMANCE: NO HELP FROM MUM

Take note: if you meet the Queen, say "How do you do?" not "Pleased to meet you." It's a breach of etiquette supposedly made by **Carole Middleton**, mother of Kate, with whom **Prince William** broke up last weekend. British tabloids specu-lated that Carole's indelicate lan-guage and boorish manners (chewing gum throughout William's graduation from Sandhurst military acad-emy) cost Kate the prince Carole is a former flight attendant who, with her husband, struck it rich with a business catering to children's parties The family's self-made fortune enabled Kate to attend exclusive St. Andrew's College in Scotland, where she met Wil-liam But the real reason for the breakup is probably as "com-mon" as Carole's supposed to be William is simply not ready to settle down



GUSTAVO DOMINGUEZ
STEALING HOME BASE

If the scheme was intended to make a fortune, it failed spec-tacularly Last week, a Florida court found **Gustavo "Gus" Dominguez**, sports agent, guilty of smuggling five Cuban ball-players into the U S. Prosecutors said Dominguez had paid US$250,000 to have promising players brought to Florida in speedboats, then tran-sported to California, where he barracked them on his own dime With 25 per cent of all Major League Base-ball players foreign-born, there's a appetite for offshore players, especially Cubans Although the charges pertained to 2004 inci-dents, prosecutors gave evidence of a 2003 trip to smuggle **Yunie-sky Betancourt**, now a Seattle Mariners shortstop who signed a lucrative contract bur dumped the agent and didn't pay him Dominguez could be sentenced to 40 years in prison. Suddenly, stealing home base has got ten a lot harder



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film

FRAMING YOUR PARENTS

Kids are examining mom and dad via the documentary lens—and the picture is more devastating than adoring

BY BRIAN D. JOHNSON

Bryan Friedman didn't know what to make of his father. As his mother recalls, shortly after he was born by Caesarean section, as she lay in a Toronto hospital with tubes hanging out of her, Dad came by to announce he was going ice fishing for the week. By the time he was 2, his parents were divorced, and Bryan grew up feeling estranged from his father, Bill Friedman, a workaholic corporate lawyer. Five years ago, flattened by a second divorce, Bill left his big law firm, sold his mansion, and became a competitive bodybuilder. Bryan's curiosity was piqued.

In 2005, he showed up to see his father defend his title as World Grandmaster Champion in the 50-60 age group. And he'll never forget his first glimpse of his father being put through his paces by his three coaches. "It's this really dark, smoky, dank hotel room. The coaches are all huge. There's food everywhere. Empty jars of baby food, chicken breasts. People eating with their hands. And in the middle of the room, there's my father, a cigarette dangling from his mouth, completely nude save for this little bikini, waxed, bronzed, all greased up, flexing and posing in front of the mirror to the theme from *Phantom of the Opera*. And my jaw just dropped." Bryan walked out of the room, laughing. But even as he was reeling from embarrassment, this graduate of New York University's film school, then an employee of Serendipity Point Films, was certain of one thing. "This is a movie."

He was right. *The Bodybuilder and I*—Bryan Friedman's funny, mischievous and tender film about getting to know his father—premieres in Toronto this week as part of Hot Docs (April 19-29), North America's largest documentary film festival. And it points to a startling trend. Home movies used to be about parents shooting their children on Super 8 or amateur video. Now children are shooting their parents in professional documentaries, and they're not just collecting memories; they're settling scores. In this age of personal memoir, the camera has become the ultimate therapeutic weapon. Armed with compact digital technology, sons and daughters are using it to get close to—and get even with—parents who have left them feeling estranged, abandoned or abused.

The trend first surfaced in 2003 with two provocative American documentaries. In *My Architect*, Nathaniel Kahn filmed a posthumous investigation of his father, legendary architect Louis Kahn, and discovered that he had a secret life with two other families. And Jonathan Caouette dazzled critics with *Tarnation*, a kaleidoscopic portrait of growing up gay in Houston with his schizophrenic mother, which he culled from a lifetime of home movies, photos, interviews and tapes.

This month's Hot Docs festival has unearthed a virtual sub-genre of parent portraits, ranging from the poignant to the macabre. In *Chichester's Choice*, Toronto filmmaker Simonee Chichester travels to Sao Paulo, Brazil, to track down her homeless, alcoholic father—and has the camera rolling when she meets him for the first time since he abandoned her 23 years earlier. In *No Man is an Island*, a daughter shoots an elegiac portrait of her father, a hermit who's spent 16 years in a cabin on a remote Finnish island. And in *Seven Dumpsters and a Corpse*, a Swiss filmmaker cleans out a lifetime of junk from his dead mother's apartment—and the putrified remains of hair and bodily fluids encrusting the floor where her body was found.

Inevitably, as soon as a son or daughter turns the camera on a parent, the power shifts. Last June, as Bryan Friedman prepared to shoot his father at a bodybuilding gym in a Toronto suburb, he was still questioning his own motives. He realized his movie would have an "A" story and a "B" story. On the one hand, it fit the popular genre of exotic competition docs, which include movies like *Spellbound*, *Wordplay* and *Murderball*. On the other hand, the film would be a tale of father-son friction—one over which the father would have no control.

Over lunch in the gym cafeteria, Bill said he was braced for an unflattering treatment. "Bryan's really angry at me," I told him. 'Just don't make too much fun of me.' Let's not make it look ridiculous, if you can avoid it.'" That was a challenge. We're talking about a 59-year-old with a Naugahyde tan, grey stubble and a comb over, whose head doesn't match his body, and who is about to tuck into a 10-egg-white omelette in a gym equipped with bubblegum machines that dispense skin-bronzing dyes at two dollars a pop.

Bryan had his own anxieties about putting his father on film. He was dreading the moment when he would confront his father about their relationship for the first time in his life. "Without a camera forcing me forward," he says, he wouldn't "have the guts to go through with it." When his father finally


GERIATRIC BODYBUILDER. Bill Friedman poses for his filmmaking son, Bryan (far right)

PHOTOGRAPHS BY CHRISTOPHER WAHL





HARRIET OURHAM (left) is now an addict; Edgar Chichester abandoned his daughter

'SHE LIKES TO SMOKE CRACK IN THE MIRROR, QUOTING CHURCHILL AND TALKING ABOUT THE WHITE LOCUST'

saw the finished movie, he was more disturbed by the personal issues than its taunting portrayal of him as geriatric muscleman. "What troubled him," said Bryan, "was how deeply affected I was by our relationship. I don't think he ever knew."

Produced by Julia Rosenberg, an associate of movie mogul Robert Lantos (*Being Julia*, *Men With Brooms*), Friedman's documentary has the tidy emotional arc of drama. Without revealing how the bodybuilding contest ends, it can be said that the story achieves a happy ending on the personal front as the filmmaker finally begins to feel affection for his subject. "For the first time in my life," he says, "I'm starting to see him through the eyes of a son, not a cynic." The breakthrough seems genuine once petrified of inheriting his dad's DNA, and receding hairline, Bryan has followed in his footsteps by enrolling in law school.

Simonee Chichester's quest to reconnect with her father was more frustrating. The 32-year-old actress and bartender spent four years making *Chichester's Chance*, which follows her and her mother to Guyana and Brazil in search of Edgar Chichester, who left them when Simonee was 6. The journey was triggered by a Foreign Affairs report that he was living on the streets of São Paulo, possibly dying of tuberculosis.

Simonee's search for father becomes a search for her own identity. In Guyana, her uncles offer up the shattering allegation that her father sexually abused her as a child. Then as she scours the streets of São Paulo, a city of 20 million, the film becomes the story of her despair. When she finally finds her father, there's an extraordinary moment of verite as he stares at her in disbelief, casts a quick suspicious glance at the camera, then turns back to her. Their reunion is a catharsis awash with tears, without a word of recrimination. But it's short-lived. After Simonee buys him a new sweatshirt and tries to sort out his papers, Edgar has an alcoholic relapse. Mother and daughter fly home, and while Simonee is back home editing the film, she learns of his death from tuberculosis.

Edgar has a smouldering charisma onscreen. But his fleeting appearance is a bit like Brando's at the end of *Apocalypse Now*. Although Edgar is the film's subject, his daughter is the star, and Simonee gives herself far more time onscreen than him. She's a natural performer, with a confident, expressive beauty. But you wonder why so much of the father she was so desperate to find ended up on the cutting room floor. Simonee explains she's planning a sequel. Her father's ashes have sat on her bookshelf for two years, and until she goes back to Brazil and learns how he died, she won't know where to scatter them. "I'm going to use the wonderful footage of him that everyone wants more of, and figure out where we'll lay him to rest," she says. "I want him off my bookshelf."

Lena Macdonald, another Toronto bartender, is currently shooting a documentary about her homeless, crack-addict mother, Harriet Durham. But she doesn't have to go far to find her. Macdonald, 24, who was named her mother's legal guardian at 18, sees her every day. Durham never fails to drop by the Cabbagetown bar where she works. Taking cameras into crack houses, Macdonald has logged 36 hours of footage. Her mother, she says, "is a total ham. She likes to smoke in front of the mirror, quoting Winston Churchill and talking about 'the white locust'—that's what she calls crack."

In the early '80s, Durham was producing CBC documentaries about drugs and prostitution for *The Fifth Estate*. After being damaged by an ectopic pregnancy, a near-fatal cancer ordeal, and a prescription drug habit, she has been living on the street and hooked on crack for the past decade. Now 51, she's living the kind of life she once documented.

Unlike Friedman and Chichester, Macdonald does not see her film as a therapeutic mission. "It's not a catharsis," she says, adding she's already close enough to her mother. "I set out to make it for selfish reasons. It's a powerful story with powerful subjects." Macdonald's Cape Breton family is colourful, to say the least. It includes a brother undergoing a sex change, and a father she describes as "a fringe-dwelling poet and former criminal," who was once charged with killing a cop—a crime her godfather was convicted of. "But I'm not putting it all in the movie," says Macdonald, "It's too fantastical."

Some filmmakers may find it easier to document their parents once they're dead. In *Seven Dumpsters and a Corpse*, director Thomas Haemmerli takes black-humoured delight in combing through the debris of his mother's apartment, a time capsule that contains a vast archive of home movies. His film is a cruel marvel of home anthropology, exhuming the remains of a jet-setting bourgeois family, and a way of life. It's the filmic equivalent of the punk house party that trashes the parents' home. "There's no escaping your own family in the end, no chance," he says. And for parents, in this age of documentary disclosure, there's no escaping the children. M

MACLEAN'S BESTSELLERS

COMPILED BY BRIAN BETHUNE

Fiction

1	ON CHESIL BEACH by Ian McEwan	1 (2)
2	SHOPAHOLIC & BABY by Sophie Kinsella	4 (7)
3	OIVISADERO by Michael Ondaatje	(1)
4	YSABEL by Guy Gavriel Kay	5 (15)
5	THE POST-BIRTHDAY WORLD by Lionel Shriver	2 (4)
6	HELPLESS by Barbara Gowdy	3 (7)
7	THE BOOK OF NEGROES by Lawrence Hill	6 (12)
8	NINETEEN MINUTES by Jodi Picoult	9 (6)
9	THE HORSEMAN'S GRAVES by Jacquel-ne Baker	7 (2)
10	THE NINE LIVES OF CHARLOTTE TAYLOR by Sally Armstrong	8 (5)

Non-fiction

1	THE SECRET by Rhonda Byrne	1 (10)
2	THE BRAIN THAT CHANGES ITSELF by Norman Doidge	10 (3)
3	LONG WAY GONE by Ishmael Beah	3 (6)
4	INFIOEL by Ayaan Hirsi Ali	2 (2)
5	WITCH IN THE WINO by Marq de Villiers	(1)
6	VICTORY AT VIMY by Ted Barris	8 (9)
7	SPYMISTRESS by William Stevenson	9 (5)
8	FRENCH KISS by Chantal Hebert	4 (4)
9	THE GOO OELUSION by Richard Dawkins	5 (26)
10	HOW OOCTORS THINK by Jerome Groopman	6 (4)

LAST WEEK (WEEKS ON LIST)



TESTING JOKES in front of an audience lets writers know if people at home will be laughing or changing the channel

'King of Queens' has the last laugh

A new breed of sitcom did away with live studio audiences. Was that a big mistake?

BY JAIME J. WEINMAN · Though *The King of Queens* is a funny situation comedy, it can't be called historic. But when the CBS show goes off the air this year—the last episode of its eight-year run will air May 21—it will be the end of an era. According to a list compiled by media researcher Steve Sternberg and featured in *Newsday*, of the 10 most-watched sitcoms today, *King of Queens* is the only one still making new episodes. Two years ago, there was a lot of talk (including in these pages) about the new laugh-track-free sitcoms, like *My Name is Earl* and *Everybody Hates Chris*, that were going to change TV. But with *King of Queens* gone, it'll be official: audiences would rather watch traditional sitcoms in reruns than new episodes of anything else.

The hits Sternberg cites, ranging from Emmy winners like *Seinfeld* to less-esteemed shows like *Full House*, mostly use the method of production that goes back to *I Love Lucy*: shot with multiple cameras and performed, theatre-style, in front of an audience. The most critically acclaimed comedies today, like *30 Rock* and *Entourage*, don't use this format. Instead they've adopted the so-called "single-camera" format, where the episodes are shot like movies: filmed in bits and pieces and then cobbled together in the editing room. This gives them more freedom than studio-bound sitcoms, more sophisticated cinematic storytelling—and nowhere near the viewership of a show like *King of Queens*.

Why do audiences prefer live-audience sitcoms? Nick Bakay, a writer-producer on *King of Queens* for six years (better known to the public as the voice of Salem the Cat on *Sabrina, the Teenage Witch*), says that in multi-camera comedy, everything must be written and timed for maximum audience impact. "If you're doing it in front of a crowd," he tells *Maclean's*, "you have to have hard jokes that absolutely pay off." If the invited audience doesn't laugh, the scene is immediately re-shot with a new joke. "Half of what we're doing on shoot night is listening for the reaction, and if we don't get the laugh we expected to get, we're changing on the fly."

Without testing the jokes in front of an audience, writers have no way of knowing if the people at home will be laughing. So single-camera shows wind up settling for jokes that may be funny in the writers' room but don't necessarily make others laugh. "A lot of single-camera shows are hysterical," Bakay says, "but a lot of them are very soft. You don't have an audience sitting in judgment. So if we're happy, cut, we're moving on, next scene. And that's one of the reasons why they don't necessarily connect with the audience, because they don't have to try as hard."

Of course, while live-audience comedy can produce belly laughs, there are many things it doesn't allow for. There's no room for subtle humour or anything else that might not please a studio audience. That's why characters on these shows tend to be very broad, almost cartoon-like. Without an audience, writers and actors are free to create characters with more depth, and stories with more complexity than *King of Queens*—a show that mostly depended on old standby plots like relationship problems or get-rich-quick schemes.

But the purpose of any comedy show is to make people laugh, and multi-camera shows seem to do it better. Not just because of the jokes, but because actors come to life in a theatre-style performance. On *King of Queens*, the cast, headed by chubby comic Kevin James as a Ralph Kramdenesque delivery man and Leah Remini as his wisecracking wife, had an energy they could never have had in an empty studio. With single-camera shooting, Bakay says, there's "no intensity to the process. You don't have the audience informing you where to take your beats, where to stop."

The irony is that even though multi-camera sitcoms are popular, networks are turning away from them. Most new sitcoms in the U.S. and Canada are single-camera. Some producers can't bring themselves to go multi-camera, for artistic reasons. Bakay says that the format is sometimes seen as "old and hacky." The creators of CBS's *How I Met Your Mother*, which is filmed without an audience, were careful to point out (in an interview with *WGA.org*) that "our show looks like a multi-camera sitcom, but it's really not."

And yet according to Sternberg's report, even young viewers (in the 18-to-34 range beloved of advertisers) are watching multi-camera sitcoms in syndication. "When it works right, nothing is better than a live multi-camera show," Bakay says. "And when it's not so hot," he adds, "nothing is worse." M



ACCORDING TO TV... DON IMUS

"Fox News host Sean Hannity said his opinion of the Imus scandal is conservatives are the victims. Imus insults the women's basketball team and who's the victim? Rich white guys."—Jay Leno

"If I were Don Imus, I wouldn't be saying anything about other people's hair."—David Letterman

"I wouldn't worry about Imus. He's getting his own show, The Amazing Racist."—Craig Ferguson

CORBIS PHOTO ILLUSTRATION BY UNA JANICIJEVIC



PUNK ROCK YOGA's founder turned to yoga after finding kick-boxing wasn't stimulating enough, but she hated its 'goofy hippie' image

When you really wanna be sedated

A new school marries the Sex Pistols and the Clash with an ancient spiritual practice: yoga

BY DREW ROWSOME • With its shredded guitar chords and portentous lyrics—*The we age is comtug, the suu's zoomtug in / Meltdown expected, the wheat is growing thun*—the Clash's *London Calling* isn't the usual musical choice for a yoga class. But it's what some Toronto students hear as they rise into the eagle position, strerching upwards with one foot wrapped around the opposing calf. While they urge their reluctant limbs into the pigeon posture, punk rock's founding father Iggy Pop, shout-chants his anthem of altenation *The Passenger* from a cranked iPod. Despite the driving drums, it's hard work. "You're going to want to do this slowly," the instructor warns. "It's actually normal thar this doesn't feel good."

Kimberlee Jensen Stedl, the Seattle-based inventor of Punk Rock Yoga, says class sizes often start large—then fall off when students "find out we're not slam-dancing." Stedl turned to yoga 10 years ago after finding that kick-boxing wasn't challenging enough. But she hated being stereotyped as a "goofy hippie," so she smashed the label with her punk rock spin. Yoga has been practised for over 5,000 years, and hierarchies have solidified, Stedl took her cue from punk's do it yourself ethos, in which speed and passion take precedence over skill and refinement. "Not everyone is going to be a master. And that's okay," she says. She tested her theories on classes of disadvantaged hippy-hating teens two years ago, while doing the community service apprenticeship for her teaching certification.

Beyond altering the music, converting a standard yoga class into a Punk Rock Yoga class requires a few democratizing changes. The classes are lit by candles, and mirrors are avoided, to negate body image issues. The class is arranged in a "sunburst" semicircle instead of rows, to avoid ranking. Alternates are offered for difficult poses. Laughter is encouraged. The class ends with an "anarchist mantra", students contribute their own versions of "om" which range from the New Agey "love" to the punk-ska rallier "oi".

Word about Stedl spread online, and there are already Punk Rock Yoga classes in places as far flung as New York, Beijing and Louisville, Ky. Vancouver classes are slated to start soon. But Stedl is careful about where she licenses her invention. A Winnipeg centre is eager ro begin classes burt can't find a reacher willing to deviate from yoga scripture.

The Toronto classes are held at the newly opened Yoga Union Centre in Cabbagetown. The teacher, Erin Ball, is Canada's first Punk Rock Yoga instructor. Ball works day shifts as a personal trainer at a corporate fitness centre, so her head is no longer shaved ("except for curls on the side and two bullet braids"), but she still listens to bands like the Exploited. Initially she found it hard to reconcile yoga's liquid poses to punk's relentless rhythms. The solution was to give up strict choreography. Some students move on the beat, some on every second beat and some on a beat that exists only in their own heads.

Canadian punk fixture Tom Patterson says it doesn't surprise him that someone wanting to break the orthodoxy of a spiritual/exercise institution would turn to loud guitars and speedy riffs. Patterson, who has worked with the Viletones and the Dayglo Abortions, points out that punk was always a social leveller. "Everyone was welcome to come down and enjoy themselves. Of course it helped if you looked a little crazy."

Thirty years later, the Sex Pistols are nostalgia, and the ortginal pogoers are now soccer moms or hockey dads, ripe for an exercise regimen that sparks memories of rebellion in the form of a safety-pin studded leather jacket. As Sophie Nicholls, another teacher at the Yoga Union Centre, guides her students into the finale—the savasana or corpse position—Johnny Rotten snarls, *We're so pretty / oh so pretty we're vacant*. And the students, most of whom were mere infants when the Sex Pistols imploded, rejoin the real world and contremplate what they have just practised. The music is ar a low volume and the lyrics take on a soothing tone. Johnny Rotten by candlelight is almost a Sinatra croon.

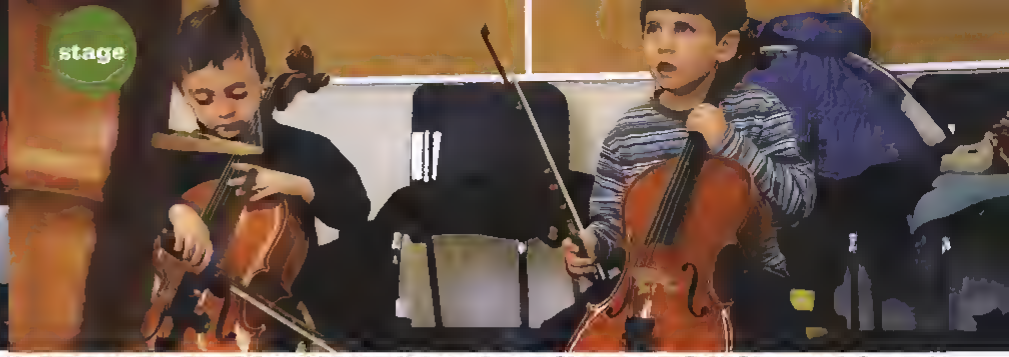
Kimberlee Jensen Stedl is not sure where the Punk Rock Yoga wave will carry her. She is ar work on a book, but the publisher is more interested in provocative photos of "guys in mohawks doing poses" than the philosophy behind the movement. Stedl wants to avoid being "a gimmick," but if the promise of tattoos and piercings will draw more people to yoga, she is willing, in true punk Zen fashion, to go with the flow. M



GREAT LAKE SWIMMERS... HAS SOMETHING TO SAY

I was lost in the lakes / And the shape that your body makes / That your body makes / And the mountains said I could find you here / They whisper the snow and the leaves in my ear / I traced my finger along your trails / Your body was the map / I was lost in there / Floating over your rocky spine / The glaciers made you and now you're mine—Great Lake Swimmers, from the album *Onglara*

PHOTO ILLUSTRATION BY RONIT NOVAK



STUDENTS who don't have the opportunity to play an instrument are less inclined to attend classical music concerts on their own

Lessons for shrinking orchestras

Some strategies for getting more people to symphony concerts work better than others

BY STEPHEN CERA • These are "troublous times" for North American symphony orchestras. Audiences for opera are growing, but for symphony concerts—with few exceptions—they seem to be shrinking. "The core historical audience for most orchestras has been declining over the last 15 years or so, in North America," says Mike Forrester, vice-president of marketing for the Toronto Symphony.

The reasons are varied. We live in a visual age where eyes gaze compulsively at screens and video images. The sight of a formally clad orchestra on stage is comparatively static (even with a choreographic conductor). Opera, by contrast, offers fluid onstage drama (or should). Orchestras also compete now with vastly improved alternative listening environments. The prevalence of surround sound systems in movie theatres has set the bar higher for concert hall acoustics. The Metropolitan Opera recently laid down the gauntlet with its HDTV surround-sound live relays to movie theatres, which have attracted box office throngs. Meanwhile, at home, consumers can put on a DVD of an orchestra or opera and see close-ups of the singers and musicians while luxuriating in superb sonic quality. Many concert halls don't meet that standard.

A recent study of 15 U.S. orchestras by the Knight Foundation turned up interesting findings. It downplayed some popular attendance driving strategies such as free concerts in clubs, cafes and museums, informal attire for the symphony musicians, and online instruction to educate the masses. These initiatives may have some benefits, the study said, but don't appreciably increase the number of tickets sold.

Then there is the matter of music education, or lack of same. The study revealed that students without opportunities to play an instrument are less inclined to attend classical music concerts on their own. But those "involved in school youth orchestras, bands or youth choirs do engage with classical music throughout their lives," says Diane Landry, director of marketing for the National Arts Centre in Ottawa, echoing the Knight Foundation study. It seems that what produces future concertgoers is active, participatory education efforts.

What are Canadian orchestras doing about the marketing challenges? Some try new approaches to programming. "We have had a lot of success with music from movie soundtracks and almost anything that is accompanied by a visual element, such as a film or dance," says Erika Ratzlaff, the Edmonton Symphony's marketing manager.

The TSO's response has been multi-faceted. It focuses on Toronto's rich demographic mix, targeting the large Asian, Chinese, and Russian communities, "all culturally predisposed to consuming classical music," says Forrester. That means brochures and customer service in Cantonese and Mandarin, as well as a Russian ticket broker. Overall, the TSO reports it has bucked the trend and gained audience for the sixth consecutive season, both in terms of earned revenue and audience numbers.

If one accepts the premise that symphonies need to become more visually compelling (despite the Knight Foundation's findings), the matter of musicians' attire becomes fair game. "Orchestras have to concentrate on looking stylish and having some kind of an injection of colour in their dress so the stage doesn't look so old-fashioned and two-dimensional," says Alan Gove, the Vancouver Symphony's director of marketing and sales.

Injecting some colour of its own, the Montreal Symphony has hitched its star to a new music director. Kent Nagano, 55, an American who built his career in Europe and favours bold programming initiatives. His presence on the podium has lifted the orchestra's subscription numbers more than 10 per cent both in revenues and the number of tickets sold, according to Jean Mongeau, the MSO's principal director, sales and marketing.

Ultimately, if orchestras are to survive, a new generation of concertgoers needs to be nurtured. The Toronto Symphony is banking on its Soundcheck program: 15- to 29-year olds can go online and buy tickets about a week before a concert for just $12. There are now 30,000 ethnically diverse names in the Soundcheck database, names that may be key ro the future of symphony audiences. "It's not just classical music and the survival of orchestras," says Gove. "It's the idea of perpetuating a society that venerates culture. North America is by and large heading down the opposite road. I sometimes wonder if the word 'culture' will have a different definition in the dictionary 20 years from now." M



PERFORMANCE OF THE WEEK | THE JACKO BOT

Michael Jackson wants to make a comeback, and he'd be using one of the biggest stars in the business. The singer is said to be considering construction of a 15-m robot for use in a spectacular Las Vegas show. The robot will resemble Jackson and will shuffle about in the desert, shooting laser beams in the air. The show may include a mammoth stage set with human-sized robots that audience members could control, like a video game.

PHOTOGRAPH BY RONIT NOVAK



THE FORMIDABLE TWINKIE It has an endless shelf life and takes seven years to digest But it was also part of a public health triumph

'Daddy, what's polysorbate 60?'

A writer investigating the iconic Twinkie learns far more than he wants to swallow

BY BRIAN BETHUNE • It was his six-year-old daughter's question about the ingredient list on her ice cream bar wrapper that set Steve Ettlinger on the path of discovery that led to his cheerful little apocalypse *Twinkie, Deconstructed* (Penguin). His curiosity piqued by such exotica as Red No. 40 and high fructose corn syrup, the New York writer decided to investigate modern food production by focusing on a single high-profile processed food. There was never really any doubt about which one to choose. Americans may have differing opinions—to put it mildly—about the Twinkie, but they are united in their assessment of its cultural significance. President Bill Clinton put one, as "an object of enduring American symbolism," in the National Millennium Time Capsule. None of his compatriots blinked an eye.

The Hostess Co.'s vanilla-cream snack was an instant success during the Great Depression. "best darn-tootin' idea I ever had," according to still-enthusiastic inventor Charles Dewar when he was interviewed for its 50th birthday in 1980. Americans who like Twinkies scarf them down to the tune of half a billion a year. Those who are appalled by their mere existence fuel a vast mythology about the tiny cakes: all the Twinkies ever made were produced decades ago, they have a shelf life of 50 to 100 years, they take seven years to digest. The truth, Ettlinger learned, was far less lurid, but just as remarkable.

The truth as far as he could trace or reveal it, that is. Food companies guard secrets from their competitors; more importantly, so does the U.S. government. Homeland Security now keeps a watchful eye over the national food chain, lest terrorists worm their way into it. Ettlinger couldn't visit certain facilities and is pardonably vague about the location of those he did. But a lot of information remains in the public domain, even production steps that, as one chemical engineer put it, are "the parts you're not going to like."

Among those unappetizing parts is what happens to the seven million pounds of flour that go into Twinkie-making each year. It's turned white by the same chlorine gas that killed thousands of soldiers in the Great War. While bleached flour is the only kind that can create "high ratio" cakes, those with more sugar than flour (no chlorine, no Twinkie), it also needs to have most of its nutritional value restored by additives.

In one way this fortification represents a triumph of 20th-century public health: in 1915, 10,000 Americans died of pellagra, an almost forgotten vitamin deficiency disease that's killed virtually no one in the U.S. since 1942 when flour mills began adding vitamins and minerals to their products. But the vitamins are themselves manufactured, often from unlikely sources. Almost all the world's B3 (niacin), for example, is made in the tiny Swiss town of Visp, out of water, air and petroleum gas. The ferrous sulphate comes to Hostess via Midwestern steel mills, where its parent, sulphuric acid, "pickles" steel to keep it rust-free. Newly formed iron sulphate crystals are then packed into one-ton supersacks that eventually make their way to Hostess, as well as to weed killer manufacturers.

But the real controversy comes with the corn sugars. Glucose syrup from corn keeps the cakes from drying out—endless shelf life is the Holy Grail of processed food—the same task it performs in keeping shoe leather glossy and tobacco moist. High fructose corn syrup (HFCS), however, is the manufacturers' favourite because, unlike sugar, it doesn't crystallize quickly. Many consumers, who have tasted soda pop in countries where sugar remains the usual sweetener, are far less happy with HFCS. Nutritionists too, many of whom link it directly to increasing obesity and diabetes. The industry thinks eating habits are to blame, as set out in the Corn Refiners Association's booklet, *Corn: Part of a Healthy Diet*.

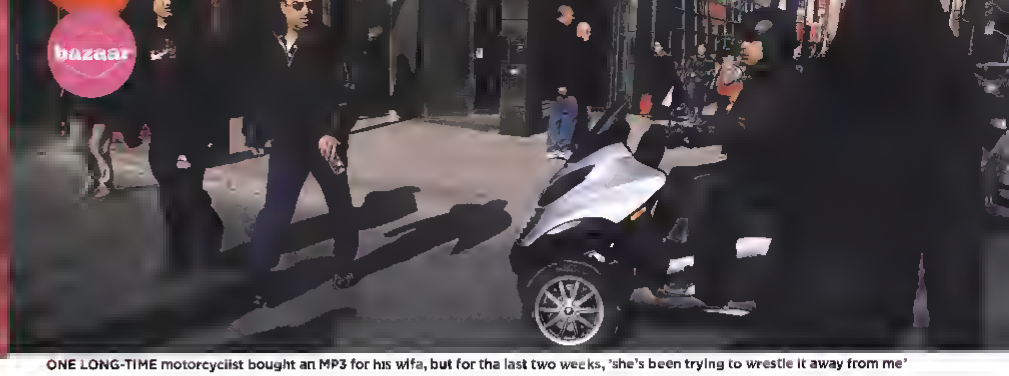
By the time he reaches the lesser of the 39 ingredients on a Twinkie label, Ettlinger's discoveries are increasingly surreal. He's bemused to find that the mysterious polysorbate 60 of his daughter's query is a by-product of blasting cap making, discovered by an off-shoot of the Dupont gunpowder trust. PS 60 became the food industry's emulsifier of choice, the factor that mimics the binding action of expensive and perishable eggs.

Ettlinger's exhaustive journey will hardly convince a single wary person that Twinkies are more "food" than "edible industrial product," but he can at least claim to have justified Clinton's time capsule decision. As a symbol of American industry and ingenuity, a Twinkie is hard to beat. M



TODAY'S SPECIAL. . .ODOURLESS DURIANS

The spiky fruit with the mushy flesh that to connoisseurs is irresistible and to others offensive, may have its vomit-like smell bred out. Horticulturalists in Thailand, which produces 800,000 tonnes a year, may be on the verge of creating a durian without the smell. The plan is to increase the fruit's appeal to new markets, but it also risks a backlash among durian fans who warn that odour-free fruit will command but a third of the stinkers' prices.



ONE LONG-TIME motorcyclist bought an MP3 for his wife, but for the last two weeks, 'she's been trying to wrestle it away from me'

PHOTOGRAPH BY JEFF HARRIS

PHOTOGRAPH BY ROBYN CUMMING

Easy Rider just got a lot easier

A new three-wheeled 'motorcycle' is a big hit with people not yet ready to jump on a Harley

BY JULIA MCKINNELL • Is it a scooter? An ATV? A motorcycle? "I don't know, you tell me," says Paul Mackie, who owns and operates one of the largest Harley Davidson dealerships in Canada. Two weeks ago, Mackie diversified his Oshawa, Ont., shop to include a range of scooters such as Piaggio's famous Vespa. He wasn't prepared for the commotion that followed. Among his first shipment of scooters was a new Piaggio species of three-wheeled bike called the MP3.

The MP3 is like nothing anyone's seen before, says Mackie. The bike weighs over 200 kg, yet balances without a kickstand. You need a motorcycle licence to drive it. At traffic lights, it sits stationary without the need for the rider's feet to touch the ground. It has a trunk. It accelerates to 140 km an hour. You can ride it on the highway. Most curious, however, are its two front wheels. "Seeing the third wheel removes an element of fear for new riders who aren't ready to jump on a Harley," says Mackie. When his hard-core Harley riders saw it, they were speechless, he says. "They can't understand how this thing can get down on corners and handle like a motorcycle."

The MP3 retails for $8,995. Mackie's MP3s sold out instantly, which is a drag, not just for his customers. His wife wants one, too. "She's already signed up for motorcycle riding lessons," he says.

Mackie joins a list of dealers from Halifax to Vancouver who've sold out and had to order more from Toronto head office. "The first shipment of MP3s arrived and left the building," reads Vancouver Vespa's website. "I notified my customers as soon as the bikes came in. One guy was going to change his flight plans to get here before they were gone," says Vancouver Vespa owner Bob Hillman. In Halifax, Vespa dealer Trevor Benesch over sold his allotment and "in a panic" called other dealers to "beg and borrow" bikes to meet the demand. In a single deal he sold four to one Halifax business.

Adam Sky, another thrilled customer, is a long-time motorcyclist who normally rides a BMW. The MP3 he bought from Hillman was supposed to be for his wife, but for the last two weeks "she's been trying to wrestle it away from me. We're both elated with it."

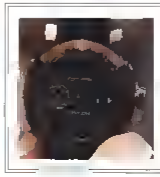
Ultrasound technologist Diana Korlaet ordered her MP3 from Vancouver Vespa and is waiting for it to arrive. She's still flabbergasted by the attention she drew during a test drive. "A vehicle behind me seemed to want to overtake me from the right-hand side. I was worried something was wrong so I pulled over. He just wanted to see what it was. He was trying to read the name on the back."

Onlookers can't contain their curiosity, says Hillman. MP3 riders should expect a 10-minute errand to take half an hour. "People want to take your picture. You're like a celebrity. It's a good way, if you don't want to get home to your husband, you can say, 'Sorry, I had to stop and talk about my scooter again.'"

Kathleen Craig is a lawyer who lives just outside Summerside, P.E.I. "Like a lot of people I'm cautious," she says. "The thing about a two-wheeler is whether you'd be prone to wiping out. It sounds like the MP3 might be more stable." When Craig was 19, she drove a Kawasaki 100 to and from her summer job, but one night she nearly collided with another vehicle. "I liked [riding a motorcycle] but it's not something I've looked at since. I've been raising my family. You know, you're supposed to set an example." Craig says she has teenagers "who, in the summer, might want to take my vehicle to work and I'll be left waiting for them to get home. That's why I want it." Her kids, she says, are "actually opposed to me buying it. I think because it's a motorcycle from a safety point of view. My husband [an insurance broker] would probably prefer I not buy one, too." Craig plans to test drive the MP3, and if she likes it, buy it, and drive it home from the Halifax dealership to P.E.I.

In Toronto this week, Jeremy Logan from Canadian Scooter Corp. pulled his MP3 into an Esso station where another driver was filling the tank of his "big SUV." "First of all, it took me about a second to fill my tank, while the other guy is still standing there filling his. Then he's staring. His head is cocked. He's trying to look at the wheels. He's got a very confused look on his face." Finally, says Logan, "he came over and said, 'What is that?' I said it's this new three-wheeled bike."

"That is so cool," said the SUV driver. Even cooler, thought Logan, was the Esso receipt in his pocket. From empty to full: $8.64. M



WHAT THEY GOT FOR IT TITANIC WATCHES

Using bits of salvage from the sunken liner Titanic, the Swiss watchmaker Romain Jerome SA has introduced watches that cost between US$7,800 and US$173,000. The firm purchased 1.5 kg of steel brought to the surface in 1991 and produced an alloy from the scrap. "So many rich people buy complicated watches because they want a story to tell," says a company spokesman. But will the watches, like the Titanic, stop working a few days after first use?



SOME NEW MOMS may not know frozen breast milk should be thawed in the fridge, and not at room temperature or in the microwave

Meet you in the lactation room

You think you had a bad day at the office? Try being a breastfeeding working mother.

BY JULIA MCKINNELL • It's great that you're breastfeeding, but maternity leave is over. "Your first day back at work is going to be miserable," warns a new advice book for working moms who want to keep nursing. *The Milk Memos. How Real Moms Learned to Mix Business with Babies* is the brainchild of Cate Colburn-Smith and Andrea Serrette, two IBM employees who met in the company's dismal, windowless "lactation room." Pumping milk at work to later bottle-feed the baby is a nutritious, cost-saving plan. Except for everything that goes wrong.

No. 1: You're trapped in a meeting. Your breasts are bursting. You can't get out. Breast milk leaks through your blouse.

No. 2: Your nanny calls. You're told, "Ryan WILL NOT take a bottle." He wants "direct from source." You're chained to a desk. Will Ryan starve or cry himself to death?

Milk Memos began as an office journal on a piece of paper towel written by Colburn-Smith. Alone in the lactation room hooked up to a breast-pumping machine, she scribbled, "Hi. I'm a new mom and today is my first day back at work. Is anyone else using this room?" Stacy, a nursing mom with two kids, a.k.a. "Jugs," wrote back. Colburn-Smith left her next message in a notebook she'd brought from home. Soon, Serrette and two other moms, Anne and Sam, appeared on the page, exchanging stories about sleep deprivation, mother-guilt, and barely keeping it together.

"You are not going to believe what happened," wrote Sam at one point. "My boss whispered, 'I think you're leaking.'" Sam looked down to find two wet circles on her shirt. "One woman handed me some tissues, then motioned I should stuff them in my bra. Like I'm going to reach inside my shirt! But I couldn't get up and leave (God forbid—not with my boss)"—a man she describes as a working mom's night mare. "Thirty-nine, single, works 70 plus hours a week, too good looking for his own good, Harvard Business School alum, and drives a black Mercedes with tinted windows."

New working moms should expect to hate their jobs and want to quit. Colburn-Smith cried for months, she says. The book's advice? "Set a 're-evaluate date.' Pick a date two to three months from when you return to work, and tell yourself that until that date you're going to muddle through." Leaky Sam stuck it out for two months until the day her breast pump crashed. She asked "Evil Boss" if she could leave early. He hung up on her. The book tells moms, "Know your rights. If you feel that your employer is discriminating against you because of your status as a mother, speak with a lawyer."

When the morale of the IBM moms dipped, they reminded each other of the subsidiary benefits of breastfeeding. "You get to go up a bra size, burn 600 calories sitting still, and reduce your risk of breast cancer and osteoporosis. Who can say no to all that?"

The "Milk Mamas" (as they call themselves) offer all manner of advice on how much milk to pump and freeze, when to pump (twice during office hours should do it), as well as which electric pumps are best. Avoid "manual hand pumps," which they say are time-consuming and don't have the suction.

"You'll soon realize that for the next 10 months you'll be lugging the equivalent of a car battery to and from work," they warn. What with sleep-deprived short-term memory loss, it's best to keep a checklist of what to bring to work each day, i.e. ice packs, tubing, breast shields, bottles, wipes, and milk storage bags. For new moms who don't know that frozen breast milk should be thawed in the refrigerator, and not at room temperature or in the microwave, the book provides storage, thawing and warming guidelines.

The harshest moment for Colburn-Smith was being told she had to attend an out-of-town meeting. If this happens, bring a hand pump, she writes. Airplane washrooms don't have outlets for electric breast pumps, and tell a flight attendant what you're doing in there. "Most hotels will let you use space in their restaurant freezer," for breast milk storage. And, "you can ship frozen milk from wherever you go. Pack your milk in a Styro foam cooler with ice packs or dry ice and drop it off at FedEx." Back in the lactation room, Colburn-Smith reported to the others, "Pumping was a hassle, but I did it. I carried my milk back on the plane, all except the couple ounces I drank in my morning coffee! There was only powder non-dairy creamer in the room. Have you ever tasted breast milk? It's super sweet!"

"Ewwww. I can't imagine," wrote Stacy. M



MOST IN PEOPLE **HALEY SCARNATO**

Although she was voted off *American Idol* last week, the singer managed to belt out a farewell song that fans say should have kept her in competition. Her last-minute improvement failed to overcome criticism from oafish Simon Cowell that she was more a model of super-short shorts than a singer. "It hurts, of course," she says, 'cause I mean, you know, it's just legs." She added that had she lasted another week, she would have worn a choir robe

PHOTOGRAPH BY CATHERINE DEAN

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The truth is, they're not really out there



SCOTT FESCHUK

It was in these pages that my colleague Paul Wells recently brought news that the federal government is delivering on its commitment to develop the Pacific Gateway, thereby improving Canada's ability to attract more cargo ships from China. Alas, the hidden truth is that this very same government is ignoring its duty to develop another important trade corridor. New data demonstrate that under Stephen Harper there has been a marked decline in UFO traffic in the airspace above our nation. My fellow Canadians, I ask you: how much longer must we endure this Conservative neglect of the Interstellar Gateway?!

The numbers are quite alarming. After a decade of remarkable and consistent growth under Liberal governments, reported sightings of Unidentified Flying Objects in Canada have suddenly dropped by more than 16 per cent. According to figures compiled by the Winnipeg-based UFOology Research Institute—or, as it's also known, Some Dude's Basement—only 738 UFO encounters were reported in 2006, down from 882 during Paul Martin's first year as prime minister. The message is clear: in a rapidly changing universe, Canada finds itself badly lagging in intergalactic competitiveness.

What's worse, the frequency of alien visitation appears to have fallen off even more precipitously than the numbers themselves indicate. Consider this bit of fine print from the report: the UFOology Research Institute believes that "even late-night, anonymous telephone calls that are obviously reports of airplanes or planets should be rightly logged as UFO reports." (Though for the record, the UFOology Research Institute's mother doesn't agree. She also thinks the UFOology Research Institute should find some new friends who *aren't* so pale.) Bottom line: the Institute's stats are padded with many reports of so-called "visitations" from the mysterious planet of Westjetia. Moreover, a full 51 of the sightings, almost one per week, were reported in a single town in rural Saskatchewan by a single person who was, and—we can safely assume—will always remain, single.

But most disturbing of all is the report's revelation that fewer than three per cent of Canadian UFO cases in 2006 included even a fleeting "close encounter" with alien beings. And only one sighting—just one of the 783!—was classified as a Close Encounter of the Fourth Kind, meaning a full-on alien abduction or, at the very least, a "contact experience" with a being from another world. (Just FYI, these are apparently not always as pleasant as the "contact experiences" enjoyed by Capt. Kirk.) I don't mean to alarm you, but this could mean that during the whole of 2006 under the Harper Conservatives, not a single Canadian citizen came into contact with aliens from outer space and was subsequently probed anally.

You don't need to be an economist to grasp the crucial three-step process that has, since the dawn of time, governed economic interaction between peoples:

1. Visitation leads to curiosity.
2. Curiosity leads to anal probing.
3. Anal probing leads to the establishment of lucrative and enduring trading relationships (and, briefly, the ouchies).

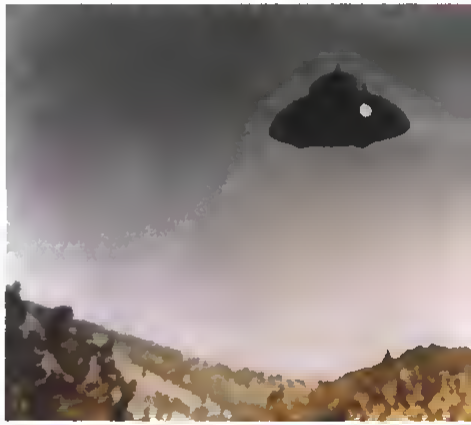
The public policy implications of this downturn in UFO traffic are stark. Despite our vast geography, we are clearly losing ground as a top-of-mind alien destination. Our populace is being probed at a rate that would embarrass some Third World countries and most fashion designers. If this continues, there is a very real possibility that we will forfeit the hard-won opportunity to be among the first humans to submit and kowtow to our eventual alien overlords.

Political scientists describe Harper's reticence on this issue as puzzling. Granted, it's true that building Canadian-Alien relations did not rank among his five priorities during the last campaign. But at same time he did go to the expense of building that regeneration pod and obtaining the ill-fitting human skin for "Jason Kenney." Talk about mixed messages.

Equally confusing was the Harper government's poorly received interstellar tourism campaign, which touted our plentiful and welcoming terrain for crop circles but completed neglected to play up our generous supply of trusting and compliant Prairie folk. Meanwhile, as Canada wallows in complacency, our American neighbours are reporting more alien sightings, encounters, fist fights, pregnancies and autopsies than ever.

The UFOology Research Institute says it publishes its data each year in an attempt to "promote the dissemination of information across the field of ufology," as well as to make stamp collectors feel comparably less nerdy. Some analysts say the shifting figures in this year's report can be explained by the profound differences between our current Prime Minister and his predecessor.

Paul Martin kept a very close eye on the



UFO sightings dropped 16 per cent under Harper. We're losing our intergalactic edge.

alien file. He designated official landing areas in every province and two in Danny Williams's bedroom. He ordered supporters of Jean Chrétien to roam deserted rural roadways in the middle of the night while wearing loose fitting trousers. And he kept secret the true nature of Herb Gray's, uhh, *origins*.

Harper, on the other hand, has invested heavily in the military and has adopted an unfriendly posture toward newcomers to Canada. Plus, let's face it: any curious alien culture observing our Prime Minister's manner from afar could easily come to the conclusion that he's already got something up his arse. M

ON THE WEB: For Scott Feschuk's take on the news of the day, visit his audioblog **www.macleans.ca/feschuk**

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IT'S BRODY'S movie debut, but Stewart steals *In the Land of Women*

PERFORMANCE 1

SO BAD IT'S GOOD

Sometimes a bad movie can be a guilty pleasure. No matter what the critics think, there are folks who will insist, "I want to see it anyway" *In the Land of Women* is that kind of movie So here's a list of excuses for checking out this intergenerational trifle, if you must:

1. The puppy dog cuteness of O.C. heartthrob Adam Brody, in his first big-screen outing as a leading man. He plays an L.A. screenwriter of soft-core porn who gets dumped by a starlet, holes up in his hometown to care for his dotty grandma (Olympia Dukakis), then gets hit on by the girl next door (Kristen Stewart) *and* her mother (Meg Ryan) Relax, there's no threesome
2. The morbid curiosity at seeing the queen of romantic comedy cast as a cougar When we're not staring at her lips, and wondering how they got so weird, we can marvel at her courage. only Meg Ryan could play a woman who gets breast cancer and leave us less worried about her losing a breast than losing her fabulous hair.
3. The music These filmmakers know just when to pony up for a Bruce Springsteen song to plug the emotional gaps
4. Hollywood insider frisson This story of an industry brat was made by an industry brat, writer-director Jon Kasdan, son of Lawrence Kasdan (*The Big Chill*)
5. Sarah Polley Seeing such a bambone performance by Dukakis can only enhance appreciation for her delicate turn in Polley's upcoming *Away From Her*
6. Logo power Apple fans will rejoice at the product placement—Brody's laptop deserves a nomination for a supporting role
7. Kristen Stewart. As the serious, skinny teen who's smitten with Brody, she shows great promise She's the real deal Honest

Brian D Johnson

BOOKS 2

FOOD FOR THOUGHT

Good writing trumps anything, and in Alisa Smith and J.B. MacKinnon's *100-Mile Diet* (Random House) it brushes aside the inescapable but faint touch of preachiness. It's a finely rendered, funny account of a year of eating locally—when the average North American meal travels 1,500 miles from source to plate

Brian Bethune



JAZZ 3

TWICE THE TALENT

Harry Manx and Kevin Breit, two of the country's very finest guitarists, have teamed up for a sequel to *Jubilee*, their groundbreaking duet album of a few years ago The new outing, *In Good We Trust* (Stony Plain), reflects Manx's taste in punny titles and much else: an acoustic sound parked at the intersection of blues, folk and East Indian tonalities, a casually celebratory mood, and Manx's own rough-and-ready vocals Breit adds mad genius They will tour together, randomly and at a leisurely pace, for much of the year

Paul Wells

DVD 4

ATTENTION GRABBER

In *Kidnapped*, the wealthy parents of an abducted teenager turned to the enigmatic ex-FBI operative named Knapp (Jeremy Sisto) to get their boy back The TV drama was well acted and cleverly written, yet, like so many new shows, vanished from the schedule after just a few weeks. With the DVD out on April 24, the best way to enjoy its "riddle wrapped in a mystery" plot is to watch all 13 episodes back-to-back. Unplugging the phone could help

Patricia Treble



FILM 5

MAD ABOUT MADS

Curious about the Danish actor who played the villain in *Casino Royale*? There's more than meets the (bleeding) eye to Mads Mikkelsen In *After the Wedding*, an explosive drama by Denmark's Suzanne Bier (*Brothers*), Mikkelsen plays a tormented soul running an orphanage in India, whose past comes back to haunt him when he's summoned home by a mysterious benefactor Reminiscent of *Celebration*, Bier's film brings a shiver of *Dogme* realism to decadent family melodrama.

Brian D Johnson

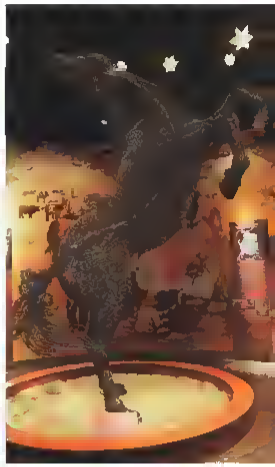


EXHIBIT 6

WESTERN PRIDE

Alberta is now so keen on its free-wheeling past that Calgary's Glenbow Museum has enshrined its boundary pushing founders—iconoclasts and kooks alike—in a $12-million permanent exhibit. *Mavericks. An Incorrigible History of Alberta* shuttles from Ft. Calgary's Col James Macleod—a lawyer whose success depended on snowshoeing prowess—to Preston Manning, who commanded a Canada transforming populism with a trembling, granny voice It's a history with an unmistakable message you ain't seen nothin' yet

Nicholas Köhler



CLASSICAL 7

FRENCH BLISS

Children's Corner, the new CD of Claude Debussy orchestrations by the Orchestre Symphonique de Quebec under Yoav Talmi (Atma Classique), is a lot more than just solid work from a regional orchestra This set of orchestral versions of piano pieces by the French impressionist has been lauded by international critics, and justly so Stately, brilliantly played and richly recorded, this is one of the most drop dead gorgeous classical recordings in ages

Paul Wells

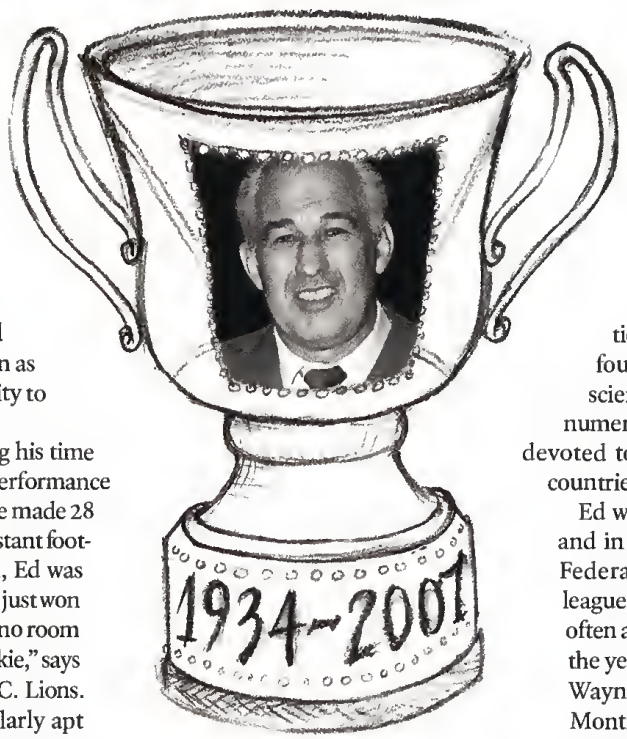
EDMUND FRANCIS ENOS, JR.

1934-2007

He was a 'one-man wrecking crew' in football, and an exercise science pioneer

Edmund Francis Enos, Jr., was born on June 30, 1934, in Winthrop, Mass., a suburb of Boston. His father, Edmund Francis, was a police lieutenant, and his mother, Catherine Raeke, was a cashier before staying home with their children; Ed was the older brother of Catherine, Mary and Grace. They were tremendous playmates. Ed was well-known among the neighbourhood boys for being the kid who lifted weights inside his old man's garage. Bemused, they'd always implore, "What are you doing?" Ed, says his daughter Laurie Enos, "had an intense vigour to work out everyday."

During adolescence, Ed would spend his summers working as a lifeguard, and once, when he was a cogent and sinewy 16-year-old, he saved the life of a drowning boy, and was heralded as a hero in the local newspapers. Ed attended Boston Technical High School briefly, and then was granted a scholarship to the Milford Academy in Connecticut in 1952. Ed studied his way onto the honour roll, and excelled as a football player. He became known as a "60-minute competitor" for his ability to play non-stop during games.



Ed's football fame continued during his time at the University of Connecticut. His performance during a match against Yale in 1956—he made 28 "bone-jarring" tackles—made him an instant football legend. At the end of that season, Ed was signed to the New York Giants, who had just won the NFL championship. "But they had no room for him to play because he was just a rookie," says Laurie. Instead he joined the CFL's B.C. Lions. At six foot two and 240 lb., a particularly apt description referred to Ed as "a one-man wrecking crew." But strong as he was, Ed suffered life-threatening bloody coughing spells during his football years, and was eventually diagnosed with multiple pulmonary emboli, which refers to clots that block blood vessels in the lungs. By his late twenties, Ed's career as a football player was over, his lungs in peril, and anticoagulant medication became part of his daily regimen.

Having received a degree in education, however, Ed worked as a teacher for many years, and this career move earned him his greatest reward: Janice McCluskey, a beautiful and athletic woman whom he met in the late '50s. Ed was working as a substitute teacher and assistant football coach at a high school in Pittsfield, Mass., where she was a student. Once Janice graduated, their courtship began. They married in 1960, and had three children, Ed, Michael and Laurie. Janice and Ed jogged together regularly, and he bought them a bike built for two so that they could cycle together. As he and Janice got older, they shared long walks. Ed encouraged all three kids to play as many sports as they could in a day. "I'd do gymnastics in the morning, then horseback riding, then soccer at night or ringette," laughs Laurie. When cousins would come over, the family would climb nearby Mount Greylock. Ed insisted they trailblaze rather than follow the path made by hikers. During the winter, he would make and tend to a backyard ice rink for them to skate. "Even though he worked 18-hour days, he always had time for us," says Laurie.

After Pittsfield, Ed coached football at Norwich University in Vermont, and in 1963 took over the CFL's Montreal Alouettes. Two years later, he became the director of physical education and athletics at Loyola College in Montreal, and eventually Concordia University. (He earned his master's and doctorate degrees.) Under Ed's leadership, the varsity teams there won 80 league and six national championships in 22 years. He founded one of the first-ever exercise science departments, and worked with numerous international research centres devoted to building relationships between countries through sports.

Ed was a proponent of female athletics, and in his honour the Quebec Student's Federation named its women's hockey league championship trophy after him. Ed often awarded it to the winning team. Over the years, he worked with Bobby Orr and Wayne Gretzky, as a consultant for the Montreal Expos and Winnipeg Jets, and appeared as an expert on *60 Minutes*. Ed also received letters and recognition for his work from Ronald Reagan, Pierre Elliott Trudeau, Brian Mulroney and Pope John Paul II, among others.

In early March, Ed was recovering from abdominal surgery to remove part of his intestine, which had become blocked. He was losing three pounds a day, and getting weak. "Being bedridden was really unusual for him," says Laurie, remembering that Ed still enjoyed working out in his basement gym even though he had fibrosis. He was hospitalized and put on a ventilator. The anaesthesia had caused phlegm in his lungs. When doctors said he would need an oxygen tank to breath, Ed insisted, "I'm going to exercise and see if they clear." But they never did. On March 6, 2007, just days before the Quebec women's hockey league final would see the Ed Enos Trophy awarded, Ed Enos, 72, died. **BY CATHY GULLI**

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